

Look inside for our special  
**Career College Guide**

# PROSPECT COMMUNITY BUS PROJECT KICKS INTO GEAR

{page 3}

## HALIFAX

HALIFAX  
metro®

**www.metronews.ca**



**News worth sharing.**

MILLS' SEMI ANNUAL

MILLS' SEMI ANNUAL  
sale



**50%-70% off\***

original ticketed price on spring and summer apparel, lingerie and accessories.

Serving Halifax Since 1919

# Mills

...where fashion meets beauty

\* a few exceptions apply

5486 Spring Garden Road • 429-6111  
www.millshalifax.com

## Waterfront. Class



A group of women are performing a yoga pose on a wooden boardwalk. The woman in the center, Moira Peters, is wearing a light blue tank top with a red maple leaf logo and black leggings. She is in a low lunge position with her right leg forward and her left leg bent behind her, holding her left foot with her right hand. To her left, another woman in a white t-shirt and black leggings is also in a similar pose. To her right, a woman in a blue tank top and black leggings is in a similar pose. They are all on blue yoga mats. In the background, there is a multi-story building and a railing.

► Moira Peters, centre, performs a yoga pose on the Halifax waterfront's boardwalk last evening. She was joined by about 15 others who came out for the first Jubilee Junction outdoor yoga class right by the harbour. Story, page 5.

ALY THOMSON/FOR METRO

► Look doesn't match that of suspect in sleep-watching incidents: Police ► It's believed he entered through unlocked door



**ALEX  
BOUTILIER**  
@METRONEWS.CA

But police spokesman Const. Brian Palmeto said the suspect doesn't match the description of the man or men wanted in about 20 sleep-watching incidents in

Nevertheless, the message from police remains the same: When you go to bed, lock up your home.

**GMC**  **CHEVROLET**  
**EMPLOYEE PRICING**  
**YOU PAY WHAT GM EMPLOYEES PAY** **EVENT**



**YOUR HALIFAX GM HEADQUARTERS**

**O'REGAN'S**  
BEYOND HIGHER STANDARDS

CHEVROLET | BUICK  
GMC | CADILLAC

2477 ROBIE STREET, HALIFAX  
422-8551 • OREGANSONROBIE.COM

# MAY THE FORTE BE WITH YOU



**PAY**  
UNTIL FALL  
ON SELECT MODELS



**FORTE  
Koup**

MSRP **\$18,995**



50 MPG+

**FORTE**

MSRP **\$18,595**



50 MPG+



**FORTE 5**

MSRP **\$19,295**



50 MPG+



\*Models may not be exactly as shown. See dealer for details.

**O'REGAN'S**

DRIVING HIGHER STANDARDS

KIA



5-year/100,000 km worry-free  
comprehensive warranty



**MILITARY  
BENEFIT**

402 WINDMILL ROAD, DARTMOUTH, NS  
3170 KEMPT ROAD HALIFAX  
[WWW.OREGANSKIA.COM](http://WWW.OREGANSKIA.COM)



# Missing girl found after tip calls

Police are crediting the public for the quick recovery of a missing nine-year-old girl in Clayton Park yesterday afternoon.

Halifax Regional Police say the child, named Amber, went missing in the area of Sheradon Place, which is off Willett Street.

The girl was last seen playing with her cat in her family's yard around 3:20 p.m. About 20 minutes later she was reported missing to police.

"We received the call at about 3:45 p.m., and the indications were that she (was last seen) 20 or 30

minutes prior to that," said police spokesman Const. Brian Palmeter.

But after two hours of wandering through various parts of Clayton Park, Amber was found safe and sound in the vicinity of Lacewood Drive and Fairfax Drive.

Palmeter indicated the public played a big role in bringing about the happy ending.

"We received a lot of calls from the public that greatly assisted us in locating the missing female," he said. "She was found safe ... I would call it a sig-

**1.5** Total distance between where the child went missing, and where she was found, was roughly 1.5 km.

nificant distance from her home, but she was found safe." ● ALEX BOUTILIER

1

news

## New bus a teen's route to freedom

ALY THOMSON/METRO



► Claire McCusker stands in front of the new community bus running from Prospect.

► Prospect community bus fare costs \$3 per trip, four rides for \$10



ALY THOMSON  
HALIFAX@METRONEWS.CA

For Claire McCusker, a new transit service running from Prospect to Metro Transit bus routes will give her what she says every teen wants: independence.

The 16-year-old commutes from Prospect to Halifax on most days, usually hitching a ride.

"If I want to go into the city to see my friends, I would have to wake up at 6 a.m. and go in with my parents in the morning when they go to work," said the Sacred Heart High School student. "It wasn't fun. Now I'm more free to come and go."

McCusker was at the Prospect Road Recreation Centre yesterday to be one of the first to ride the bus for the Prospect Road transit pilot.

An initiative of the community's Resource Opportunities Centre (ROC), the Monday-through-Saturday

service will pick up passengers in places like White's Lake and Club Road and bring them to Exhibition Park to connect with Metro Transit buses.

On Tuesdays, buses will run directly to Mumford Terminal and Scotia Square.

Timberlea-Prospect Coun. Reg Rankin said the service has been high on the minds of his residents.

"But this is just a pilot project... and through this we hope to determine if there is enough people that want it. That's an important step to take," he said.

The ROC received \$50,000 from the province's Nova Scotia Transit Research Incentive Program, allowing the pilot to run for about six months.

### Accommodation

► The Need-A-Lift bus has 16 seats and can fit one wheelchair.



News that should surprise no one. You can do yoga on a giant surfboard in Seattle. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at [2dscan.com](http://2dscan.com).

On the web at [metronews.ca](http://metronews.ca)

Google Street View's new trike camera makes its Canadian debut in Toronto. Video at [metronews.ca](http://metronews.ca)



Follow us on Twitter  
@metrohalifax

## Sleep Better, Spend Less

Cherry Bedroom Set \$899

More great deals in-store

100's of mattress sets in stock  
Buy Today, Delivered Today!

**BEDROOM SUPERSTORE**

Sleep Better, Spend Less!!

Canada's Largest Bedroom Store

20 AKERLEY BLVD, DARTMOUTH • 481 BEDS (2337)

# Atlantic premiers push transfer payments agenda

► During federal election campaign Prime Minister Harper committed to maintaining six per cent annual increase in funding to the provinces



► Premier Darrell Dexter.

Atlantic Canadian premiers will push their provincial and territorial counterparts for a national position on federal transfer payments ahead of negotiations with Ottawa, Nova Scotia Premier Darrell Dexter said yesterday.

The topic is expected to be one of the key discussions during Council of the Federation meetings that begin today in Vancouver.

Dexter has been vocal about the need for funding that offsets the rising cost of delivering public services in provinces with aging populations, especially for health care.

The Atlantic premiers

had talked of presenting a united front on equalization during a regional meeting in New Brunswick in May, but emerged saying they needed more time to develop a position.

Dexter said work had continued over the interim and the premiers were now unanimous in what they want from the national meeting.

"We think that there ought to be, to the extent that it's possible, a national position with respect to those upcoming negotiations and we are going to be advancing that," said Dexter.

Dexter said the pre-

miers realize that a lot of work will need to be done to determine whether the interests of a large group of provinces can be accommodated in setting a strategy.

"We generally don't see a value in breaking them up into bilateral agreements, we would like to see a national transfer agreement that will serve all of the provinces," he said.

The Council of the Federation meeting will begin with talks between the premiers and First Nations officials, but there are almost as many issues being brought to the national gathering as there are

## Key issue

► This issue is seen as crucial, especially in the three Maritime provinces where federal transfers and equalization account for roughly a third of all provincial revenues according to the federal Department of Finance.

leaders.

And the Canadian Medical Association and the Canadian Nurses Association announced they want the premiers to put together a national reform package for the health-care system.

THE CANADIAN PRESS

## Province and Cisco sign IT agreement

Nova Scotia and an international information technology firm are teaming up to "co-operate and collaborate on innovative solutions that align with the strategic priorities" of the province, says a mem-

orandum of understanding.

Premier Darrell Dexter and Cisco Services Canada President Nitin Kawale signed a three-year, non-binding agreement via teleconference yesterday

afternoon. The agreement is meant to harness the mighty power of the Internet and apply it to problem areas like health care, education and the environment.

● METRO

## Incentive

► Dexter said the MOA gives Cisco a greater incentive to stay in Halifax. Cisco International plans to lay off more than 4,000 people.

## Kelly hopes HRM council next for cuts

Mayor Peter Kelly hopes a review board's decision to reduce the council size of the Cape Breton Regional Municipality is a signal of what is to come for Halifax regional council.

The Nova Scotia Utility and Review Board decided Monday to cut the number of councillors in the CBRM from 16 to 12.

"I think [the decision] bodes well for the direction that hopefully the UARB will give to HRM, to go with a smaller council as well," Kelly told Metro yesterday.

In August, a divided HRM council recommended to the UARB that its 23 districts should be maintained. Halifax is mandated by the UARB to review



► Mayor Peter Kelly

its boundaries every eight years, and was ordered to make the review before municipal elections in 2012.

But some councillors, including Kelly, proposed a smaller council of 16 plus the mayor.

That decision is scheduled to be released this fall.

● ALY THOMSON

## Canoeist discovered drowned in lake

A man canoeing yesterday on a lake in Upper Musquodobit has drowned.

The RCMP said a 55-year-old man left a cottage to go canoeing alone on Mill Lake, but a family member later found his body in the water.

"At approximately 10:05 a.m., a family

member noticed a canoe paddle floating by the cottage, so they went down to the water and located our victim unresponsive," said Sgt. Bridget Leger, a police spokeswoman.

Police say the man was pronounced dead at 11:30 a.m. An autopsy will be performed today to determine the cause of death, but Leger said it is not being considered suspicious.

The man's name was not released yesterday as next of kin was being notified.

● RACHEL WARD

## Man arrested after woman assaulted

A Truro area man is in police custody following "a serious assault" Monday afternoon in the east end, Staff Sgt. Randy MacKenzie said yesterday.

A woman was taken to Colchester Regional Hospital with serious head injuries. The man was later arrested at his home.

A weapon was used but police would not confirm what it was.

TRURO DAILY NEWS

## Turbine project planned

A Maine tidal power company is partnering with a Canadian project developer to break into a much larger market by installing underwater turbines off Nova Scotia.

Portland-based Ocean Renewable Power and Fundy Tidal of Nova Scotia plan to install underwater turbines in the Petit Passage off western Nova Scotia in the fall of 2012.

THE CANADIAN PRESS



## Pop. Rock



► Avril Lavigne is coming to Halifax this fall. Her Black Star Tour has two stops in Atlantic Canada it was announced yesterday, including in Halifax at the Metro Centre on Oct. 20.

GETTY IMAGES

## Avril hits Atlantic with two shows

Tickets go on sale this Saturday at 9 a.m. through Ticket Atlantic and participating Atlantic Superstore locations for \$58, with tax and service charges included.

# Jubilee yoga — cheap and scenic

► Second class starts tonight at 6 p.m. and costs \$5



ALY THOMSON  
HALIFAX@METRONews.ca

The sound of forks hitting plates and boats cutting through water could be heard as about 15 people performed sun salutations near Bishop's Landing last night.

A mix of men and women of all ages came out to do yoga on the Halifax waterfront boardwalk for the first class of Jubilee Junction, a yoga program aimed at exposing the community to the art while us-

**"When people are walking by on the waterfront, we want to encourage them to try it."**

HASNEEN JALIL, CO-FOUNDER OF JUBILEE JUNCTION

ing the harbour as a backdrop, said co-founder Hasneen Jalil.

Last month, Jalil — a third-year student at Dalhousie University — was relaxing outside with a friend when it hit him: "It was nice out, I wish we could've been doing yoga outdoors."

Cue Siddarth Tikoo, Jalil's friend who has been practicing yoga with a guru for more than three years. The pair teamed up and in just over a month, they were setting up blue and green yoga mats for their first session.

For yoga veteran Moira Peters, the class offers something most yoga studio's can't: a good price.

"Cheap yoga is really hard to find," said Peters, adding she's been practicing for more than 15 years. "And on the water, it's beautiful."

## Accused tanning salon peeper not Coco Beach staff

A man accused of recording patrons in a New Glasgow tanning salon has no association with the business, says Craig Clarke.

Clarke is the lawyer representing the owners of the Coco Beach Tanning Studio franchise.

He said the man charged was likely a customer who placed a recording device in the salon.

"An employee made the discovery of something they deemed suspicious, acted it on it, stopped it and called the authorities right away," said Clarke.

He said the tanning studio is set up fairly well (not having many items to hide a camera in) to prevent such a thing and the crime took some level of

### Charges

Russell Alexander Wile, a 33-year-old New Glasgow man, will return to court next month after being charged with voyeurism on Monday.

► Wile is charged with four counts of voyeurism after an employee of Coco Beach Tanning Studio reported an electronic recording device in their business.

- He will return to court Aug. 22 after being released from custody yesterday on conditions and \$1,500 bail.
- Conditions include staying away from the tanning salon and any other place where people expect to have a reasonable amount of privacy such as changing rooms.
- He is also prohibited from having any recording equipment in his possession.

sophistication for the individual to pull off.

However, there were no images transmitted from the site and were not graphic in nature, Clarke said.

"It was a situation where somebody tried to

use the device to take photographs and they didn't succeed."

From what the police have told him, he says the number of victims is low and that the vast majority of the client base was not affected. **NEW GLASGOW NEWS**

## Gaga's Born This Way an anthem at Pride cabaret

Listen to the music and dress like Lady Gaga — just some of what is in store for Halifax Pride today.

For the party, head to Reflections Cabaret for Lady Gaga night Born This Way, with guest drag performances and Gaga tunes playing all night long. The event begins at 11 p.m.

Also tonight, songwriter Ryan



► Lady Gaga

GETTY IMAGES

p.m. on 2281 Brunswick St.

There's also a Songwriters' Circle being held at Casino Nova Scotia's Schooner Showroom starting at 8 p.m., and Pride Comedy Night at the Atlantica Hotel at 9 p.m.

During the day, Al McNutt will speak about LGBT rights and the fight against HIV/AIDS at the Spring Garden Road library at noon.

● METRO

### Full list of events

- Halifax Pride 2011 runs through Sunday. Visit [halifaxpride.com](http://halifaxpride.com) for complete event details.

# The Flip-Out For Summer Sale

JULY 14 - 24



More style, less money. Who wouldn't flip out?

Find fabulous summer fashions at flipping great prices!

Win a fliptastic prize! Bring your receipts of \$50 or more to Guest Services for a chance to win Mic Mac Mall MasterCard® Gift Cards. Details at [micmacmall.com](http://micmacmall.com).

MIC MAC MALL

The Mic Mac Mall MasterCard® Gift Card is issued by Peoples Trust Company pursuant to license by MasterCard® International Incorporated. MasterCard is a registered trademark of MasterCard International Incorporated.

H&M

BCBGMAXAZRIA

AÉROPOSTALE

Bath & BodyWorks

the Bay



# 'I was too trusting': Murdoch

Summoned by British lawmakers yesterday to account for a phone hacking and bribery scandal, Rupert Murdoch said he was humbled and ashamed but accepted no personal responsibility, insisting he was at fault only for trusting the wrong people at a now-defunct tabloid that made up a tiny portion of his vast media empire.

The 80-year-old media tycoon endured a three-hour grilling from lawmakers, escaping attempts to draw to tar him with individual blame for the scandal that

has rocked his empire.

The scandal has become a page-turner of a drama, with scenes of private detectives hacking phones, cops being bribed for news tips, politicians being wine and dined and a murdered teenager whose phone messages were intercepted. And only a fraction of the nearly 4,000 people whose information was hacked are known and the police investigation appears to be widening.

"This is the most humble day of my career," said Murdoch. **THE ASSOCIATED PRESS**

## On the web



For more coverage, go to [metronews.ca/hacking](http://metronews.ca/hacking).

- ▶ **Video.** Prankster tries to throw a foam pie, splattering Rupert Murdoch's suit jacket before the media tycoon's 42-year-old wife springs to his aid, slapping the man, who was quickly arrested.
- ▶ **Text.** Rupert Murdoch's full statement to U.K. lawmakers.
- ▶ **Reaction.** Twitterverse reacts to the antics. **@kbeninato:** "News is turning focus on Murdoch's pie fighting wife, instead of hacking. It's like they're jangling keys at viewers and it's working. #notw"



▶ A protester wearing a Rupert Murdoch mask is photographed by media outside parliament in London yesterday.

## Journalist's death 'not suspicious,' say police

HANDOUT

Sean Hoare said he was told to stop at nothing to deliver celebrity scoops



▶ Sean Hoare

for the Sunday papers, and he delivered some of the most sensational. Hoare's death this week added another tragic twist to the very scandal he helped bring to light.

Police discovered Hoare's body at his home north of London on Monday. They said yesterday a post-mortem found no evidence of outside involvement, calling it "non-suspicious." **THE ASSOCIATED PRESS**

## Quotes of the day

Key figures in Britain's phone hacking scandal faced questioning yesterday from lawmakers seeking to uncover the extent of criminality at Rupert Murdoch's News of the World tabloid.

The proceedings shifted in tone following an attempted pie-in-the-face on Rupert Murdoch.

Here are some quotes: **THE ASSOCIATED PRESS**



**"This is not as an excuse.... I employ 53,000 people ... who are proud and great and ethical and distinguished ... professionals in their work."**

RUPERT MURDOCH, MEDIA TYCOON



**"It's a matter of real regret that the facts could not emerge and could not be gotten to, to my understanding, faster."**

JAMES MURDOCH, MURDOCH'S SON



**"I have never paid a policeman myself. I have never ... knowingly sanctioned ... a payment to a police officer."**

REBEKAH BROOKS, FORMER NEWS OF WORLD EDITOR



**"Your wife has a very good left hook."**

(After Murdoch's wife slapped a protester who rushed her husband)

TOM WATSON, LAWMAKER



**"I've never hacked a phone, told anyone to hack ... or published any stories based on ... hacking ..."**

(Twitter response) PIERS MORGAN, FORMER NEWS OF THE WORLD EDITOR



## 2011 JEEP WRANGLER SPORT

- 23B Package • 6 Speed Manual Trans • 3.8 V6 Engine
- 4WD • Easy Folding Soft Top • Accent Colour Fender Flares
- Fuel Tank Skid Plates • Sport Bar • 4 Wheel Disc Brakes
- Tilt Steering • Rear Stabilizer Bar
- 6 Speaker CD Player • Full Metal Doors

Starting at

**\$17,995** OR **\$129** BI-WEEKLY

**469-9050 • DDODGE.COM**

Price excludes taxes and fees





# 0% FINANCING, 0 EXCUSES.

## 2011 OUTLANDER ES

**\$142.85\*** BI-WEEKLY  
INCLUDED FREIGHT & PDE

2.4L DOHC 16V MIVEC I-4-168HP  
CVT Sportronic® transmission  
140-watt CD/MP3 player with 6 speakers  
16" alloy wheel • Anti-lock braking system (ABS)  
with EBD • Bluetooth® 2.0 hands-free cellular  
phone interface with streaming audio and USB  
input with voice control • Active stability control



**0%\*** PURCHASE FINANCING FOR 60 MONTHS  
AND NO PAYMENTS FOR 90 DAYS\*

**ADRENALIN  
DAYS**

**AWD  
V6**

Outlander XLS model shown†



**AWD**  
RVR GT model shown†

## ALL-NEW 2011 RVR ES

**\$115.68\*** BI-WEEKLY • INCLUDED FREIGHT & PDE

**BEST IN CLASS FUEL ECONOMY†**

Fuel efficient 2.0L 148 HP 4-cylinder engine • 5-speed manual transmission • Power  
windows & heated power mirrors • Heated front seats • Anti-lock braking system (ABS)  
with electronic brakeforce distribution, brake assist system and brake override system  
• 140-watt AM/FM/CD stereo with 4 speakers • Remote keyless entry with panic feature



Lancer GT model shown†

## 2011 LANCER DE

**\$89.94\*** BI-WEEKLY • INCLUDED FREIGHT & PDE

Fuel efficient 2.0L 148 HP 4-cylinder engine • 5-speed manual transmission or CVT  
Power windows • Power mirrors • 7 airbags • 140-watt AM/FM/CD stereo  
Active stability & traction control



Eclipse GT-P model shown†

## 2012 ECLIPSE GS

**\$137.88\*** BI-WEEKLY • INCLUDED FREIGHT & PDE

2.4L SOHC 16V MIVEC I-4-162HP • 5-speed manual transmission • 140-watt  
AM/FM/CD player with 6 speakers and MP3 • Power windows/locks/mirrors Remote keyless  
entry and panic feature • 18" alloy wheels with 235/45 R18 tires  
Active stability control

**10 YEAR**  
160,000 KM POWERTRAIN  
LTD WARRANTY\*\*



**\$500  
REBATE**

+



**\$500  
REBATE**

+

**\$500  
MILITARY REBATE**

**METRO MITSUBISHI**

APPLY ONLINE FOR  
FAST APPROVALS!

230 WYSE ROAD, DARTMOUTH, BETWEEN THE BRIDGES  
1-888-764-8509 [www.metromitsubishi.ca](http://www.metromitsubishi.ca)

Customers who purchase an eligible vehicle by August 2, 2011. Some conditions apply. Prices are subject to change without notice. See dealer for complete details. † 2011 Lancer GT/2011 RVR GT/2011 Outlander XLS models shown have an MSRP of \$23,899/\$26,499/\$34,499. 2011 Lancer DE 3 speed, 2011 RVR ES 3 speed, 2011 Outlander ES and 2012 Eclipse GS 3 speed selling price of: \$13,399/\$17,999/\$24,499/\$23,399. Bi-weekly payments \$69.99/\$113.88/\$142.85/\$137.88. Taxes, registration, insurance, licensing, and duty on new lease are excluded. Includes destination, delivery fee, PPSA, and dealer fees of up to \$599 are excluded. Payments based on variable interest rate of 4.99% amortized over 96 months OAC. Details at dealer. ‡ Combined City/Highway ratings for non-hybrid compact SUV's. 0% purchase financing/no payments for 90 days available through Bank of Montreal for up to 48 months on all new 2011 and 2012 models and up to 60 months on all new 2011 Outlander models and most new 2011 Lancer models. (Terms vary by model, see dealer for details.) Interest charges (if any) will not accrue during the first 60 days after purchaser signs contract for a participating vehicle. After the first 60 days interest (if any) starts to accrue and the purchaser will repay principal and interest (if any) monthly over the term of the contract. Best backed claim does not cover Lancer Evolution and Palliser models. © MITSUBISHI MOTORS, BEST BACKED CARS IN THE WORLD are trade-marks of Mitsubishi Motors North America, Inc. and are used under license. \*\*Whichever comes first. Regular maintenance not included. See dealer or [mitsubishi-motors.ca](http://mitsubishi-motors.ca) for warranty terms, restrictions and details. Not all customers will qualify.



Drive@earth



# Teen charged in parents' murder

DEBORAH SILVER/THE ASSOCIATED PRESS

► 17-year-old charged as an adult  
► Alleged to have hosted party while bodies lay in bedroom

Neighbours in Port St. Lucie, Fla., knew Tyler Hadley as a polite and respectful teen — not as someone who could kill his parents and throw a party while their bodies lay in a locked bedroom.

The 17-year-old made his first court appearance yesterday after being charged in the killings of his parents, Blake and Mary-Jo Hadley, whom authorities say he bludgeoned with a hammer Saturday. A motive remains unclear.

While Hadley currently is charged with second-degree murder, prosecutor Tom Bakkedahl said it's all but certain a grand jury will indict him on more serious charges.

THE ASSOCIATED PRESS

## Timeline

- As police tell it, Hadley's parents were attacked Saturday afternoon outside their bedroom, where their bodies were brought and covered with varied household items, and the door was locked.
- A party Hadley had posted on Facebook went on as planned, with as many as 60 guests having such a raucous time that police were called about 1:30 a.m. with a noise complaint.
- Later, tipped off that a murder may have taken place, police returned to the home at about 4:24 a.m. Inside the master bedroom, they found the bodies.



► Police investigators at the Hadley murder scene in Port St. Lucie, Fla., about 50 miles north of West Palm Beach.

## Savings & beyond!



**CENTURY OF SAVINGS**  
EVENT

See in-store for details.

**Appliances & Beyond**

BAYER'S LAKE 450-7007

## News in brief

DARRYL DYCK/THE CANADIAN PRESS



### U.S. won't seek Quaid

**REJECTED.** A California prosecutor says U.S. officials have rejected a request to seek the extradition of actor Randy Quaid and his wife from Canada to face felony vandalism charges.

Authorities in Santa Barbara have sought the couple's return for months. Senior Deputy District Attorney Lee Carter says the U.S. State Department notified him last week that it would not pursue extradition.

The Quaids were accused of causing more than \$5,000 in damage to a home they once owned.

THE ASSOCIATED PRESS

### Accused, 97, acquitted of war crimes

**HUNGARY.** A Budapest court decided Monday that it lacked enough evidence to convict 97-year-old Sandor Kepiro of involvement in the deaths of 36 people, mostly Jews and Serbs, during a 1942 raid in the Serbian city of Novi Sad, then under Hungarian control.

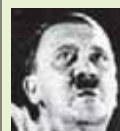
Prosecutor Zsolt Falvai said he would appeal the acquittal.

THE ASSOCIATED PRESS

### Town strips Hitler of citizenship

**AUSTRIA.** The city of Klagenfurt has joined other Austrian communities that have stripped Adolf Hitler of honorary citizenship.

The municipal council of the country's sixth-largest city voted unanimously yesterday to revoke the honour accorded to the Nazi dictator 73 years ago.



THE ASSOCIATED PRESS

### Non-profit called a front for Pakistani spy agency

For years, the Pakistani spy agency funnelled millions of dollars to a Washington non-profit group in a secret effort to influence Congress and the White House, the Justice Department said yesterday in court documents that are certain to complicate already strained relations between the U.S. and Pakistan.

FBI agents arrested Syed Ghulam Nabi Fai, the executive director of the Kashmiri American Council, yesterday and charged him with being an unregistered agent of a foreign government.

Prosecutors said the Kashmiri American Council was being run in secret by the Pakistani government.

The Pakistani Embassy quickly issued a statement saying the government had no knowledge of such an arrangement.

THE ASSOCIATED PRESS



# SKILLS FOR SUCCESS

**EL SALVADOR IS A TINY COUNTRY — LESS THAN HALF THE SIZE OF NOVA SCOTIA, WITH A POPULATION ABOUT THE SIZE OF THE GTA — BUT IT IS ONE OF THE MOST DANGEROUS COUNTRIES IN THE WESTERN HEMISPHERE**

There were 3,985 violent deaths in El Salvador in 2010, most related to gang activity; that is a higher per-capita number than in Afghanistan.

That's why communities place a high priority on giving their young people tools to build a future. "Our preschool centres are critically important," says Laura Mata, chief of communications for World Vision El Salvador, which works with community groups to create programs to address their most pressing needs. "By giving small children a good educational foundation, they're ready for Grade 1. They're then more likely to be successful and less likely to flunk out or quit later."

World Vision's Children's Clubs and Youth Clubs not only provide young people with a safe place to socialize, but also give them life skills and vocational training. (In one club, Kevin, 15 was learning to bake bread and fancy pastries; in another, a band of musicians practiced while another group took learned to paint.)

Carlos, who is now 17, remembers the first time he went to a World Vision Com-



DAVID TSIGOUKIS

**World Vision's Youth Clubs give children a place to have fun and learn, nurturing talents that give them hope for a productive, fulfilling future.**

munications Club in Tacuba, a small mountain town near the Guatemalan border where local gangs are particularly powerful. "I was 13. Some of my friends had been to the club and done a radio show, and they needed more people. I went. I was very nervous. But it was such a nice experience my [nervousness] vanished."

Before that, Carlos had been playing hookey from school since age 10, had failed 4th grade and fallen in with a sketchy group. At the club, "I got really involved. I realized I had to stop doing the things I'd been doing. I started studying again." Today he leads other teens in the group and

works half-days at a local professional radio station while attending high school.

Of course World Vision Canada sponsorships support efforts like nutrition and health care programs in El Salvador. But Laura believes that is just as important to "improve knowledge. You can't change lives by just giving tangible things," she says. "Change comes by giving life skills and vocational skills so that [young people] can be someone in the future."

At the Tacuba Communications Club, says Carlos, "getting into the radio shows is what changed my life."

## She's hungry.

## And sadly, she's not alone.

World Vision

When food is scarce, Sylvia only has tortillas with salt to take away the hunger. The terrible truth is that every five seconds, a child under 5 dies from malnutrition or preventable diseases.

### **Sponsorship can transform the life of a child like Sylvia**

When you sponsor a child, your monthly gift of \$35 will provide the essentials every child needs, including things like:

- Safe water
- Better nutrition
- Access to health care
- Quality education

You'll receive regular updates, so you can see the difference you're making. Plus your support will reach further, improving life for everyone in your sponsored child's community.

There are thousands of children in urgent need, struggling against poverty.

**You can help.**

Join the  
**Campaign for Children**

**Sponsor a child today**

Call 1-877-34CHILD (24453)

Visit [www.worldvision.ca/children](http://www.worldvision.ca/children)

**July 4 – August 31, 2011**



# Dog no match for robbers

## ► Chihuahua runs thieves out of smoke shop

Los Angeles County sheriff's deputies have released a video of a barking Chihuahua angrily chasing off robbers at an Altadena smoke shop.

The video, released Monday, shows two hooded men, one armed with a rifle, running into the Ace

Smoke Shop on July 7 and demanding money.

As the store owner begins putting money in a backpack carried by one of the men, the owner's Chihuahua begins barking incessantly and jumping at the men, chasing them out of the store and down the

street. At one point, one of the men even points his rifle at the Chihuahua, but the dog is undaunted.

Neither the store owner, nor the dog was injured.

To watch the video visit [youtube.com/LACountySheriff](http://youtube.com/LACountySheriff).

THE ASSOCIATED PRESS



► A Chihuahua attacks a thief in this video still taken from a California smoke shop.

LOS ANGELES COUNTY SHERIFF'S OFFICE/ THE ASSOCIATED PRESS

# Paddleboard yoga makes a splash

## ► Trend quickly spreading

## ► Classes can be found in Florida, California, Hawaii and Washington

Adrift on a Seattle waterway, personal trainer Vicki Wilson and about a dozen women are following their yoga instructor's directions, hoisting their bodies up in a pyramid shape as they strike the downward-facing dog pose. They do this while balancing on an oversized surfboard.

Around them, boats sound their horns, a train chugs away, and seagulls fly about. But never mind the noises, the ebb and flow of the water is what Wilson likes best.

"It's very different than the in-studio feel," Wilson said. "You might hear a clock ticking, something artificial happening, and yes, there's the distraction of trains and boats, but with the water you have this flowing harmony."

Paddleboard yoga has arrived in Seattle. For about two months now, WASUP Yoga, which operates out of Surf Ballard, a local surf shop, has been offering

### A twist on yoga

► A single class in WASUP Yoga costs \$23. A month of unlimited classes cost \$325.

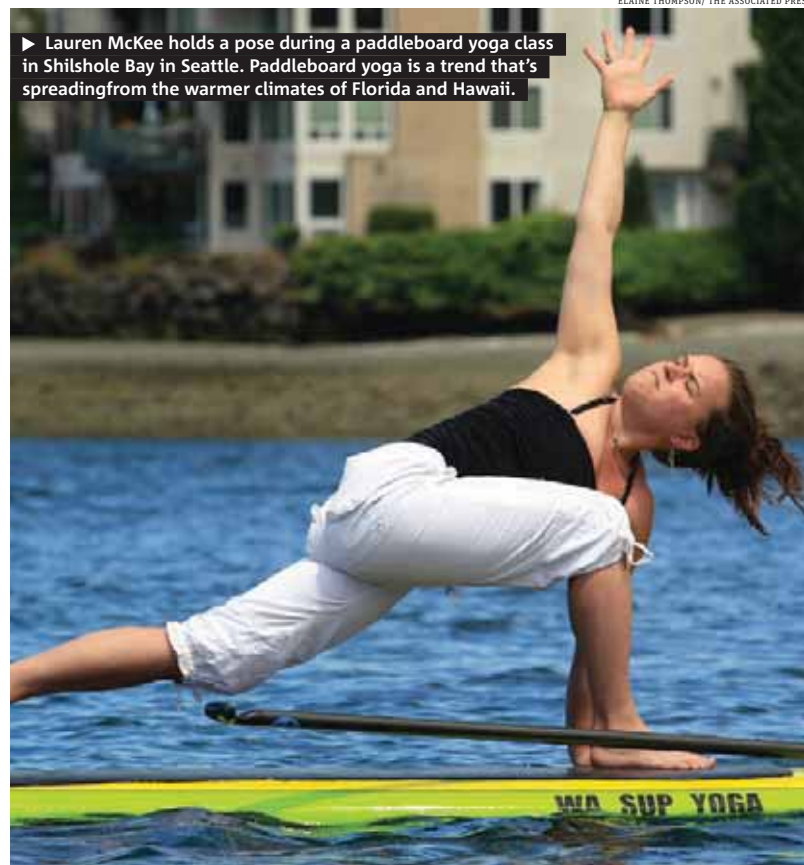
► Wetsuits are optional but recommended on cooler days.

yoga classes on the cool waters of the Puget Sound, drawing attention to the unusual sight of yoga poses on the water.

This new way of finding your inner chakra stems from the growing popularity of paddleboarding. It's not uncommon to see people on boards paddling the Puget Sound or area lakes, even in the dead of a Seattle winter, donning full body wetsuits.

After media coverage and a deal on a coupon website, classes have been filling up.

THE ASSOCIATED PRESS



► Lauren McKee holds a pose during a paddleboard yoga class in Shilshole Bay in Seattle. Paddleboard yoga is a trend that's spreading from the warmer climates of Florida and Hawaii.

ELAINE THOMPSON/ THE ASSOCIATED PRESS

# Retired teachers win lottery

Baseball was partly responsible for Carmen and Loretta Demizio's big lottery win, so it's only fitting that one of the first things they plan to spend the money on is a trip to the West Coast to catch a few games.

Carmen, a big fan of the New York Yankees, has been using No. 44 as one of his lottery numbers for the

**41.3 million dollars** is the amount of money the Demizios won from the Lotto 6-49 draw last Wednesday.

past 20 years in honour of legendary Yankees right-fielder Reggie Jackson.

But family will be the first priority for the two retired Niagara Falls, Ont.,

teachers, who received a cheque for \$41.3 million yesterday at the Ontario Lottery and Gaming Corp. prize centre in downtown Toronto.

The Demizios, who are in their 50s, will be spending the Lotto Max jackpot on their three kids, Carmen's parents, their siblings, nieces and nephews.

THE CANADIAN PRESS

## News in brief

### Mass wedding in Indonesia draws 15,000

Thousands of underprivileged Indonesian newlyweds from various faiths joined a mass reception to receive free marriage certificates

they otherwise could not afford.

About 15,000 people attended the reception Tuesday at the Senayan Sports Palace, including Jakarta city officials and friends and family members of the 4,541 couples.

The couples included 3,112 Muslims, 1,248 Christians, 96 Catholics, and 85 Buddhists and Hindus from across the Indonesian capital.

THE ASSOCIATED PRESS

Better Together

HALIFAX PRIDE

JULY 17-24

SONG WRITER CIRCLE

Wednesday July 20

Bronley MacEachern and Lisa MacIsaac of "Madison Violet" along with Nolan Natasha and Heather Green gather to share songs, stories and music.

8 pm - 11 pm

\$15 available through Ticket Atlantic.

Schooner Showroom at Casino Nova Scotia.

Also check out the AFTER PARTY AT REFLECTIONS CABARET

Presented by Reflections Cabaret and Carolee Wines.

Proud sponsors of Halifax Pride.

Friday

July 22, 12:30 am - 4 am

halifaxpride.com



# Fugitive could escape: Lawyer

- Prosecutors say he is connected to criminals
- Defence will argue possible execution if deported

A Chinese fugitive's links to organized crime in Canada make him a serious flight risk, a government lawyer claims.

Kevin Boothroyd, who represents the Canada Border Services Agency, said yesterday that evidence presented at Lai Changxing's hearing shows he not only had close contact with criminals, but he was doing business with them. Boothroyd said those connections could help Lai escape.

"Lai is in close contact with people who can facilitate his flight," Boothroyd

said.

Vancouver Police Det. James Fisher told the hearing earlier that Lai's connections with the Big Circle Boys gang could enable him to get fake documents that could fool border officials.

Fisher said an informant, who he added was a long-time criminal he once paid off, was part of a conversation in which Lai talked about running a gaming house in B.C.

He said that while his source didn't see a bet made at the house in Richmond, B.C., he was present when Lai talked about his

role in the illegal gambling den.

Lai is wanted in China over accusations he bilked the Communist government out of millions of tax dollars. He fled to Canada in 1999 and has been fighting deportation for 12 years.

Lai is seeking release from custody ahead of a federal court hearing tomorrow, when his lawyers will ask for a stay of his deportation, arguing that Lai could face torture or even execution at the hands of China's Communist regime. **THE CANADIAN PRESS**

## Cool. Off



► Marious Merasty plays in a public fountain in Winnipeg yesterday.

JOHN WOODS/THE CANADIAN PRESS

## Full heat ahead across provinces

Temperatures reached about 36 C in Winnipeg. And while the Toronto area was getting a bit of a break from its extreme heat yesterday, the thermometer is expected to rise to 38 C in that city again today.

## Shuttle Atlantis gives its final salute

The Atlantis space shuttle left the International Space Station for the very last time yesterday, heading home to end the 30-

year run of a vessel that kept U.S. astronauts flying to and from orbit longer than any other rocketship. All that remains of NASA's final shuttle voyage is the touchdown, targeted for the pre-dawn hours in Florida tomorrow.

"Get her home safely and enjoy the last couple days in space shuttle Atlantis," the station's Mission Control told

commander Christopher Ferguson and his crew.

Replied Ferguson: "It's been an incredible ride."

As a final salute, the space station rotated to provide never-before-seen views of the complex. Atlantis flew halfway around the outpost, cameras whirring aboard both craft to record the historic event.

**THE ASSOCIATED PRESS**

## LOWEST RATES GUARANTEED! LONG DISTANCE

If you're paying less...We'll beat it!

Lowest Rate Guarantee  
100% Satisfaction

Make long distance calls from your home or cell phone!



	3.9¢/min		5.9¢/min		1.9¢/min		7.9¢/min
Australia	1.9¢/min	Bosnia	13.9¢/min	China	1.9¢/min	Colombia	3.9¢/min
Cuba	89.9¢/min	El Salvador	9.9¢/min	Germany	1.9¢/min	India	2.9¢/min
Israel	1.9¢/min	Italy	1.9¢/min	Lebanon	7.9¢/min	Mexico	1.9¢/min
Pakistan	5.9¢/min	Philippines	11.9¢/min	Poland	1.9¢/min	Russia	1.9¢/min
South Korea	2.9¢/min	Sri Lanka	9.9¢/min	Trinidad	4.9¢/min	U.A.E.	14.9¢/min
U.K.	2.9¢/min	Vietnam	4.9¢/min	Serbia	7.9¢/min		

### 1 Cent To India



Calling India at only 1 cent per minute. (Land and mobile included).

\$10 1000 Minutes -1¢

1¢  
/MIN

### Unlimited Canada



Unlimited Calling to Anywhere in

**CANADA**

Available on your home or cell phone.

\$5  
/month

**1-866-519-8090**  
**comwave**

[www.comwave.ca](http://www.comwave.ca)

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. Rate guarantee is based on competitors' lowest advertised rate for like services. Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. The India 1000 Bundle carries a monthly fee of \$2.95. Bundles cannot be shared by more than one line. Unused minutes from one month do not carry over to the next month. Minutes in excess of 1000 minutes will be billed at our lowest rate guaranteed. Calls to Overseas Mobile Phones may be billed at a higher rate. Terms and conditions apply, see [www.comwave.net](http://www.comwave.net) for details.



# No deal on Google books

- Judge warns he will decide the case if no settlement reached soon
- Google wants to offer more book excerpts online

A judge warned lawyers for authors and publishers, and for Google, yesterday that he will decide whether snippets of books can be sold online without the permission of copyright holders if the sides do not settle their six-year-old case soon with an agreement to create a massive online library.

"It's been a long time," Federal Judge Denny Chin told the lawyers in Manhattan as they updated him on the status of negotiations aimed at reaching a new deal after the judge in March rejected an earlier settlement, citing antitrust concerns. That \$125 million deal had drawn hundreds of objections from Google rivals, consumer watchdogs, aca-

demic experts, literary agents and even foreign governments.

In March, Chin wrote that many objectors would drop their complaints if Mountain View, Calif.-based Google Inc. allowed book owners to choose to join the library rather than being required to quit it. The judge expressed pessimism yesterday that a new deal could be reached, noting that Google had once said it would never agree to an opt-in settlement. Still, he gave both sides until Sept. 15 to report back to him.

He said another unsuccessful set of negotiations would set the case on a trial path and leave him to decide whether snippets

## The issue

Google Books is a searchable index of literary works while Google eBooks allows readers to access books wirelessly on digital devices.

► Google already has scanned more than 15 million books for the project. Under the original agreement, Google had planned to put about 130 million titles into its digital library.

► The lawsuit was first brought in 2005 by authors and publishers after Google failed to obtain copyright permission to scan the books.

of books can be considered "fair use" of published materials. A "fair use" argument would rely on a provision of copyright law that sometimes allows original content to be used by others, in part for educational purposes.

Michael J. Boni, a lawyer for The Authors Guild, said a deal with Google that would rely on an opt-in format was the "precise settlement we have been aiming for."

He said both sides were well aware that Chin had made clear in his rejection of the earlier deal that an opt-in library was the easiest way to clear legal obstacles to what Chin has acknowledged would be a benefit to many people.

THE ASSOCIATED PRESS

## Solar. Challenge



► Michael Too, 17, of Walnut Valley, Calif., waits before a test run at the 2011 Solar Car Challenge in Fort Worth, Texas on Monday. Nineteen high school teams from 10 states will compete in the Challenge.

JOEL PRINCE/THE ASSOCIATED PRESS

## Green fun in the sun

## Summer! in Halifax

### So many reasons to visit!

NS International Tattoo – July 1-8  
Jazz Festival – July 8-16  
Pride Festival – July 17-24  
Cirque du Soleil – July 20-24  
Buskers Festival – August 4-14  
Historic Sites, Museums,  
and Shopping

### Quality Rooms, Superb Service!

**\$79**/night\*  
Starting at only

**FREE** "Coastal Plus" breakfast  
**FREE** Wireless Internet Access  
**FREE** Local Calls, Newspaper  
Fitness room & Business center

379 Windmill Rd, Dartmouth  
465-7777 or 800-565-1565  
coastalinnns.com/halifax.php

Special Offers online!  
Call or click today!

\*Standard room, direct hotel booking only, plus tax.  
Limited rooms available at this rate, June 9-Sept. 1, 2011

iCoastal Inn

# Congress defies Obama with debt vote

THE ASSOCIATED PRESS

Defying a veto threat, the Republican-controlled House voted last night to slice federal spending by \$6 trillion and require a constitutional balanced budget amendment to be sent to the states in exchange for averting a threatened Aug. 2 govern-

ment default.

The 234-190 vote marked the power of deeply conservative first-term Republicans, and it stood in contrast to rising support at the White House and in the Senate for a late stab at bipartisanship to solve the na-

tion's looming debt crisis.

President Barack Obama and a startling number of Republican senators lauded a deficit-reduction plan put forward earlier in the day that would include \$1 trillion in what sponsors delicately called "additional

revenue" and some critics swiftly labeled as higher taxes.

The president said he hoped congressional leaders would "start talking turkey" on a deal to reduce deficits and raise the \$14.3 trillion debt limit as soon as today, using the plan by the so-called Senate Gang of Six as a roadmap.

THE ASSOCIATED PRESS



► President Barack Obama

## No review for Nortel patents sale

Industry Minister Christian Paradis says the US\$4.5-billion sale of Nortel's patents to a consortium including Re-

search In Motion Ltd. does not need to be reviewed under the Investment Canada Act.

THE CANADIAN PRESS

## SUMMER ASPHALT SALE

**\$2.00** PER SQ. FT.  
ONLY

**NEED PAVING?  
WE'RE READY TO ROLL.**

ALL WORK GUARANTEED • FREE ESTIMATES

- Residential and commercial
- Asphalt paving
- Driveways, walkways and parking lots
- Serving HRM and surrounding areas for over 30 years

**HRM**  
Contracting Ltd.

**902.468.8995**  
**Burnside**

## NEED MONEY?

- ✓ No credit checks
- ✓ Fast approvals

**499-5629**

And get cash now!!  
www.mynextpay.com

## MoneyProvider.com

**\$500 Loan**  
and more

No credit refused

Fast, easy and secure  
**1-877-776-1660**  
www.moneyprovider.com



# Health apps to get checkup

- ▶ U.S. plans oversight of some medical applications for mobile devices
- ▶ Guidelines will deal with apps that present a risk to patients

The U.S. Food and Drug Administration is taking steps toward regulating the rapidly expanding field of medical applications, or apps, for smartphones and other handheld devices.

With the rise of the iPhone, Android and other mobile devices has come a

flood of apps designed to help people stay healthy.

Industry analysts estimate there are already more than 17,000 medical apps available, ranging

from calorie counters to programs that let doctors see medical scans on their phones.

The FDA says it will begin regulating a handful of

these programs that pose the greatest risk if they don't work properly.

A draft proposal says the FDA will regulate apps that combine with medical devices such as heart monitors that transmit to a smartphone.

THE ASSOCIATED PRESS



## Wi-Fi tablet still on track: RIM

Production of the wireless network version of Research In Motion's PlayBook tablet will go on as planned, despite rumours it was being scuttled.

In fact, RIM said yesterday that it has more rollouts planned for Southeast Asia, Western Europe and the Middle East in the coming weeks.

The Wi-Fi PlayBook is cheaper for consumers because it doesn't need a monthly data plan from a wireless carrier and connects to the Internet via short-range public or home wireless networks.

THE CANADIAN PRESS



▶ RIM's PlayBook

## Canada's only money back bank account.



Earn 1% money back on all your debit purchases\* and get unlimited self-service transactions with the new Scotia Moneyback™ Account. Save by doing what you do everyday. Visit a Scotia branch and find out how.

letthesavingbegin.com

You're richer than you think.®



\* Registered trademarks of The Bank of Nova Scotia. TM Trademark of The Bank of Nova Scotia.  
† Conditions apply. Visit [scotiabank.com/moneyback](http://scotiabank.com/moneyback) or a Scotiabank branch for full details.

## Google. Street View



▶ Google unveils its new Street View tricycle in Toronto yesterday. The trike is rolling out across Canada.

VINCE TALOTTA/TORSTAR NEWS SERVICE

## Google trike on a trek

Google's Street View trike goes where cars can't, such as university campuses, hiking trails and theme parks. Over the next two months, a cycling duo will photograph landmarks in the Toronto area. Plans are also afoot to photograph Vancouver and other Canadian cities.

## Bank retains key rate

The Bank of Canada left its key overnight interest rate unchanged at one per cent yesterday, but suggested that continued growth in the Canadian economy will mean a hike in the near future.

Observers believe an increase could come as early as October. However, the

European debt crisis and slow pace of growth of the U.S. economy could drag down the Canadian economy.

It's thought that the central bank will wait to see if its economic outlook is on track before moving to raise rates.

THE CANADIAN PRESS

## Ruling favours Kodak

Apple Inc. has lost a second round in its dispute over a digital-camera patent against Eastman Kodak Co. The U.S. International Trade Commission yesterday affirmed a preliminary decision in May that Kodak's technology doesn't infringe on

Apple's patent rights and that one of the two patents in dispute is invalid.

Kodak, the 131-year-old photography pioneer, is caught in a race to redefine itself in the cutthroat digital-imaging arena.

THE ASSOCIATED PRESS

## Market moment

TSX	Dollar
+ 78.78 (13,332.92)	+ 0.88¢ (105.17¢ US)
Oil	Natural gas 1,000 cu ft
+ \$1.57 (\$97.50 US)	\$4.56 US (+ 1.8¢)
	Gold contract \$1,601.10 US (- \$1.30)

AP/WIDE WORLD PHOTOS

# Nashville spurns call centre after layoffs

A U.S. call-centre company that laid off 1,200 Canadian workers — without warning, compensation or even their final paycheques — has lost a major deal with the City of Nashville.

Officials of the Tennessee capital said yesterday they were no longer in discussions with New York-based IQT Solutions to locate the business

there.

Nashville had earlier said it would give the company \$1.6 million in incentives to create 900 jobs in the city.

"We are dismayed about what happened in Canada and don't think workers anywhere should be treated that way," city official Matt Wiltshire said in a statement.

The Quebec and On-

tario governments, meanwhile, are meeting the laid-off workers to see what can be done to help.

About 600 workers were laid off at offices in Oshawa, Ont., as well as 450 in Laval and 140 in Trois-Rivieres, Que., in a move that employees described as "savage."

Labour laws generally require employers to give two weeks' notice of a lay-

off and a minimum of four per cent of salary earned in the last year, generally considered vacation pay.

The Quebec labour board could take legal action against the company for not paying workers their outstanding wages and other money owed under Quebec laws on layoffs.

THE CANADIAN PRESS

## Deal-breaker

- ▶ The announcement by the City of Nashville comes just one day after the mayor demanded an explanation for the abrupt sacking of the Canadian workers.
- ▶ Quebec's Employment Minister, Julie Boulet, says three companies have expressed interest in hiring the laid-off workers.

# CAUGHT IN THE CHROMOSOME WITH A CAVEMAN

JUST SAYIN' ...

PAUL SULLIVAN  
METRO



netic structure definitely came from the Neanderthals. And that applies to everyone who did not originate in sub-Saharan Africa.

The Neanderthals, you'll recall from school and the funny pages, were those not-quite ready-for-prime-time near-humans who were rendered extinct by the vastly superior Cro-Magnons — that is, us.

Neanderthals were typically depicted as knuckle-draggers with low-sloping foreheads and a tendency to bash first and ask questions later. The story was they didn't

have the intellect — or the looks — to overcome their fate.

**“Discovery News, in an attempt to set the record straight, reports they possessed the gene for language and had sophisticated music, art and tool-making skills, and their cranial capacity was as large as or larger than the competition's. It all adds up to sexy and smart if you're a Cro-Magnon looking to hook up.”**

You'd better get in touch with your inner caveman, because there is conclusive evidence that our ancestors found their Neanderthal cousins attractive after all, maybe after a few fermented grain infusions, and those prehistoric boogie nights live on as part of our X chromosome.

The Neanderthals, like Britney Spears, were mainly victims of bad press. Discovery News, in an attempt to set the record straight, reports they possessed the gene for language and had sophisticated music, art and tool-making skills, and their cranial capacity was as large as or larger than the competition's. It all adds up to sexy and smart if you're a Cro-Magnon looking to hook up.

All this transpired between 30,000 and 50,000 years ago, which means that unless there are undiscovered cave paintings revealing exactly what happened, it's pretty much a matter of idle speculation, which has never stopped us before. You can bet, though, that despite all the sophisticated music and art, this smoking X chromosome is the result of some pretty dangerous liaisons: “No, you can't take her to the mastodon hunt. She's not your genotype.”

Of course, this is a godsend for those of us looking around for someone else to blame. “It's not my fault I got rib sauce all over my shirt front. My X chromosome is nine per cent Neanderthal.” For those of us who are politically correct, this is our cue to start feeling guilty for persecuting the Neanderthals. Obviously, they were here first. They invented fire. And in return, all we've ever done is steal their stuff, tell them sweet little lies and slander them in our textbooks. We've got a lot to answer for.

Read more of Paul Sullivan's columns at [metronews.ca/justsaying](http://metronews.ca/justsaying)

Well, this explains a lot.

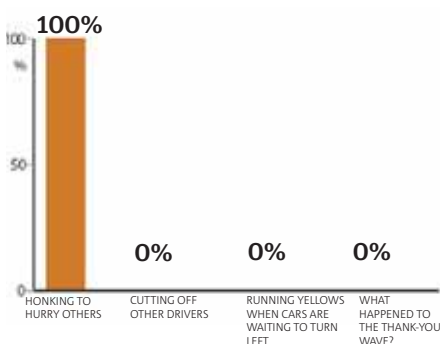
Turns out there's a little caveman in all of us.

According to a team led by scientists from the University of Montreal, a piece of DNA that makes up part of our ge-



Register at  
[metropolitanpanel.ca](http://metropolitanpanel.ca)  
and take the quick poll

What's the worst discourteous driver habit?



## Local tweets



- ▶ **@XenosNS:** Yesterday I saw two seals in the harbour while riding the ferry. This morning I believe I say a porpoise too! #Halifax
- ▶ **@trudi\_e:** Why does Halifax have a tour bus painted with bamboo chewing pandas on it???
- ▶ **@HalifaxCranky:** Of course Halifax bus GPS project has been in 'testing' for 4 years. Caravans go as fast as the slowest Camel, and MT has a lot of Camels.
- ▶ **@Greg\_Beau:** Giant raindrops have just started falling in Dartmouth. Not a lot, but they're huge
- ▶ **@fernandomansour:** Very calm waters at #Bedford Basin today. A good day to all mariners and operators in #HalifaxHarbour. #besafe :)
- ▶ **@darbycrashin:** halifax needs a taco truck...
- ▶ **@antiquitea:** Got a tip from my former roommate that a certain local hockey player who won the Stanley Cup in 2009 is hanging around her work. #fangirl
- ▶ **@bitdepth:** Eating a delicious croissant and sipping coffee at Two if by Sea. Dartmouth is lovely this morning.

## Worth Mentioning

**JURASSIC.** Manitoba paleontologists have unearthed the bones of several prehistoric sea creatures some 80 million years old.

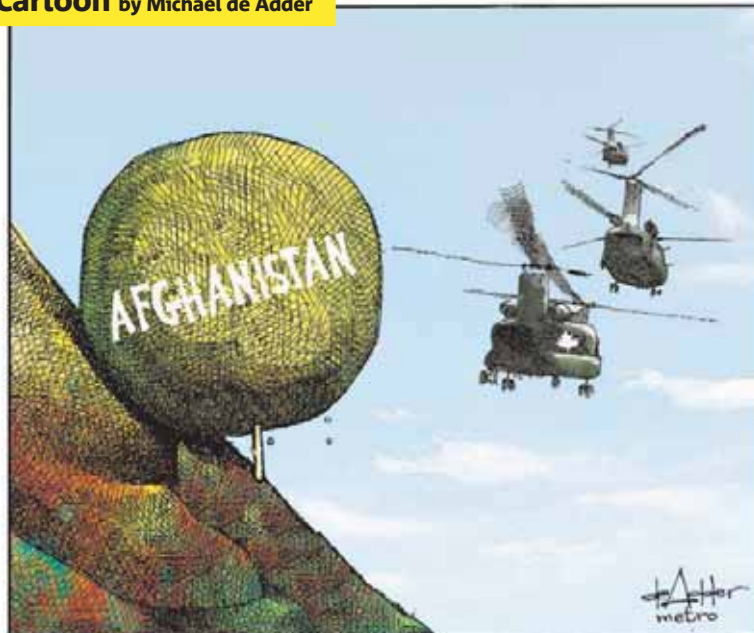
Scientists from the Canadian Fossil Discovery Centre in southwestern Manitoba have dug up two mosasaurs — a huge predatory reptile known as the T. Rex of the sea. The dig site has also uncovered a prehistoric squid and bird skeletons, as well as two other as-of-yet-unidentified fossils.

The museum is already home to the largest mosasaur in Canada — a 13-metre-long creature called Bruce — but curator Anita Janzic said the new find is significant.

“It was not just this big, wide, open sea,” she said. “It's giving us some new insight into what the seaway was like — a more shallow marine than some of the other places are thought to be. That is changing how we are looking at the seaway and that, to me, makes this site very interesting.” Some of Canada's richest deposits of marine dinosaurs are found in the soil of Morden, about 100 kilometres southwest of Winnipeg.

THE CANADIAN PRESS

## Cartoon by Michael de Adder



## WEIRD NEWS

### If you like mayo, you can lay it on really thick

Who knew a disagreement about mayonnaise could lead to an all-expenses-paid divorce?

With marriage breakups as common these days as coffee runs, at least one well-known consumer product is cashing in on the heartbreak.

Miracle Whip announced its Not for Every Relationship contest, which allows couples to submit videos to the brand's YouTube channel on how the

condiment has helped or hindered their relationships.

The winner gets \$25,000 towards the cost of a wedding or divorce.

“The Not For Every Relationship contest was inspired by social media conversations about consumers' love or hate for Miracle Whip in the context of their own relationships,” Sara Braun, director of Miracle Whip said in a statement.

It is an extension of the company's We're Not For Everyone marketing campaign, which celebrates the lovers and haters of Miracle Whip.

“Knowing the condiment isn't universally loved has given us licence to focus on the notion that it can actually make or break relationships,” she said.

TORSTAR NEWS SERVICE



# No damsel in distress

► The Captain America leading lady is about to be very famous, but she's trying not to think about that

**NED EHRBAR**  
METRO WORLD NEWS  
SCENE@METRONews.CA

British actress Hayley Atwell has wasted no time in establishing herself. Her first film gig out of drama school was Woody Allen's *Cassandra's Dream* in 2007. Now she's taking on one of Earth's mightiest heroes in *Captain America: The First Avenger* as Peggy Carter, a British agent and love interest for the super-soldier who also happens to be quite handy with a machine gun. Atwell sat down with Metro to talk about making her mark, finding good roles and returning to the stage.

**Have you thought about how much your profile could be raised once this movie comes out?**

No, I haven't. I really haven't. Because you can't really expect anything, really. You're kind of trying to take every moment and experience as it comes, and also be very independent of it and not have too many expectations of how the film will be received.

I hope, if anything, that it would mean that I could get the experience or the opportunity to work with other directors I wouldn't have in the past because they wouldn't have seen my work. So in that respect, I hope that's a positive thing to come out of



► Hayley Atwell plays Peggy Carter in *Captain America: The First Avenger*.

it, but apart from that I think it's kind of out of my hands. The world will decide what they want to do with it.

**Your character is far from a damsel in distress. In fact, she's a hero in her own right.**

I loved that in the script and thought she was so strong and capable and a match for him. They needed each other, there was a kind of a weakness in him that she was able to help and to guide.

What I liked about her is — it seemed in the script and I really hope it comes across in the film — she really likes him for who he is. It felt like a very innocent, sweet relationship.

**Is it difficult to find roles like that, that are so interesting and well-defined?**

There's been amazing roles for women through the ages of film and literature. I don't think there's a shortage of it.

I suppose it's just that there's so many more ac-

tresses now, so there's more competition.

But also the fashion of the image of what actresses should look like has, I think, kind of steered the focus away from these incredible qualities that women have to more of the aesthetics, which means some actresses could tend to focus more on that aspect of it.

Not to badmouth anyone at all, but you kind of sometimes watch films and go, 'Really? Is that a good role model? I don't

think so.' Surely we've moved on from that.

**You're also very active in the theatre, where that problem doesn't exist as much.**

I've always wanted to go back and do that because it's always been really important to me, because it does scare the living day-lights out of me and keeps me acutely aware of exactly where my skills or my weaknesses are more than anything else.

I feel like on the stage I have more of an opportunity to learn and to work with some real magicians.

**How do you think the London theatre scene compares to New York?**

I haven't spent enough time in New York in terms of getting a sense of how the plays are, but what I thought was brilliant is the plays that do well in the West End transfer to Broadway — you have *Jerusalem* or *Through a Glass Darkly* or *The Pride*, all this stuff, which is great.

It means that those plays are starting off in Britain and having a life elsewhere. America seems to be very responsive and welcoming to that and wants to kind of celebrate those plays.

But you've got some of the greatest playwrights ever — Tennessee Williams, Arthur Miller, incredible playwrights.

# 2

scene

## Scene in brief



Garry Shandling is scheduled to get a lifetime achievement award next week at the Just For Laughs comedy conference in Montreal.

Shandling, whose lengthy list of credits includes *The Larry Sanders Show*, will receive the honour July 29. Shandling first appeared on *The Tonight Show* with Johnny Carson in 1981 and went on to create the acclaimed *It's Garry Shandling's Show* in 1986.

The *Larry Sanders Show*, which ran from 1992 to 1998, received an astounding 78 Emmy nominations.

Shandling recently appeared in *Iron Man 2*. The Just for Laughs comedy conference runs from July 28 to 30. It's part of the Just for Laughs festival, which wraps July 31.

THE CANADIAN PRESS



Work under way on \$650,000 trail to bypass Metallica front man's Northern Calif. property.

## IT IS 'SERIOUS' ABOUT THIS ACTING THING

### IN FOCUS

**RICHARD CROUSE**  
SCENE@METRONews.CA



Justin Timberlake is many things: music superstar, a booze baron (he owns a brand of tequila called 901), and all round mogul with a clothing line, restaurants and a record label.

All that at just 30 years of age. But like so many

singing stars before him, it seems what he really wants to do is act.

In fact, he once said he believes it was always in the cards for him to be an actor.

"I got a phone call when I was 14 saying that there's a record company that's going to sign me. But two weeks before that, the plan was to drive to Los Angeles for TV pilot season. So I guess everything works out the way it's supposed to."

Fate aside, is his desire to act justified?

From his film debut in the 2000 Disney Channel

movie *Model Behavior* to this weekend's *Friends with Benefits*, there have been the highest of highs and the lowest of lows.

He's earned praise from his co-stars. "I only had a couple of scenes with him but he did a really great job," said his *Alpha Dog* co-star Bruce Willis.

But critics and bloggers haven't always been so kind. "Dear Justin Timberlake," read a 2010 blog headline, "STOP ACTING!"

Forgettable supporting roles in flops like *Edison*, *Black Snake Moan* and

*Southland Tales* did little to enhance his reputation, but didn't hurt it much either.

Everything changed when he was cast in *The Social Network*. His take on the fast talking Sean Parker, inventor of Napster and an early supporter of Facebook, was his breakthrough and won praise from critics.

That inspired performance, coupled with hilarious guest shots on *Saturday Night Live*, have earned him the

respect of the industry and fans, but he still doesn't have his pick of roles.

Even though he didn't get the lead in *The Green Lantern* ("I don't think I'm the superhero type," he joked), he wants everyone to know he's willing to put himself out there.

"I make no bones about the fact that I have always wanted to work in the forum of film," he says.

"I take this seriously."



# Watson sets record straight about school

► Admits to feeling claustrophobic while living in U.K. because of her fame

With the Harry Potter films behind her, Emma Watson is heading back to school, except she'll be attending Oxford University instead of heading back to her U.S. university, according to ABC News.

"I haven't left Brown. I'm still enrolled at Brown. But I'm doing my third year abroad. I'm going to Oxford in the fall to study English for a year," she explains. "I'll go back to the States to do my last year."

Though she does admit that she enjoys how she feels less famous in the U.S. than in the U.K.

"I suddenly felt very claustrophobic. I thought, 'I can't stay here, I won't be able to concentrate, I won't be left alone,'" she says. "I don't want to put a negative light on it, as if I was escaping or anything like that. I think I wanted to meet people my own age and just be normal for a bit." ● METRO

**"I suddenly felt very claustrophobic."**

EMMA WATSON



► Emma Watson

ALL PHOTOS GETTY IMAGES

## Talking points

### Bieber to give Beckham kids private concert

**THIS SEEMS LIKE IT WOULD BE INCREDIBLY AWKWARD.** Having David Beckham as your dad certainly has its benefits, as Brooklyn, Romeo and Cruz Beckham are set to enjoy a private concert by their favourite singer, Justin Bieber, according to Hollyscoop.

"I've agreed to give the boys a private concert at their house — if David gives me some private soccer lessons," Bieber says.

"David's an amazing dad, and he told me how happy it would make the boys, so I had to say yes."

The Canadian pop star could also include girlfriend Selena Gomez in the gig, he admits.

"Maybe now they have a girl, Selena will have to come too, and dedicate a song to Harper," he says. ● METRO

### Jolie feeds her kids crickets

**HAVING A HARD TIME BELIEVING CRICKETS ARE LIKE POTATO CHIPS** Snack-time at Angelina Jolie's house is an interesting time, the actress admits.

"My boys love to eat crickets. It's their favourite thing," Jolie says in a video for Louis Vuitton.

"When I first gave crickets to them I wanted them to not be turned off by something that wasn't their cul-

## Celebrity tweets



"just did a little spring cleaning and found a twix that expired in 1995!"

@MissKelly0



@SnoopDogg

"yall on that google+ yet? add tha dogg ya digg! search 'snoop dogg'"

@ParisHilton

"On my first day of the juice cleanse diet"



@ConanOBrien

"You never know who you'll run into at the Warner Bros commissary. I just saw the guy who plays that guy on that show. You know - that guy!"

ture. So I bought them — and they ate them like Doritos. They wouldn't stop and brought to-go boxes home."

The boys loved the treat so much, in fact, that Jolie says she had to "ban the cricket-eating because I was afraid they were going to get sick from eating too many. They're good — they're like a potato chip."

● METRO

BLU-RAY + DVD + DIGITAL COPY

RUSSELL BRAND MELBA MIRREN BENEFIT GARNER

**arthur**

YOU COULD **WIN** a copy of **ARTHUR on Blu-ray combo pack!**

Buy it Now on Blu-ray, DVD & Digital Download!

© 2011 Warner Bros Entertainment Inc. All rights reserved.

visit **clubmetro.com** TO ENTER

To register and for full contest details visit [clubmetro.com](http://clubmetro.com)



► Charlie Sheen

## Sheen back to TV

Charlie Sheen is going back to work.

The former Two and a Half Men bad boy is officially set to star in a TV adaptation of the Jack Nicholson and Adam Sandler film, Anger Management, Lionsgate TV confirms to People magazine.

"I chose Anger Manage-

ment because, while it might be a big stretch for me to play a guy with serious anger management issues, I think it is a great concept," Sheen says.

Sheen's manager adds that the actor "will not be wearing a bowling shirt on the new show," a dig at Sheen's wardrobe on his old show. ● METRO







# PRIVATE COLLEGES

## PUT YOUR SKILLS TO WORK WITH AN APPLIED EDUCATION

For people looking to further their education, it can be a challenge to decide whether to go the private college, university or community college route.

"Students should look at all their options," says Jamie Hartling, the president of the Private Colleges Association of Nova Scotia (PCANS), an umbrella organization that represents private career colleges.

Hartling says it is important students consider factors such as what they want to get out of their education and the length of time for which they are looking to study.

At private colleges, the focus is on providing applied education, as opposed to a theoretical foundation.

"A large emphasis is placed on user skills and the ability to hone a craft," says Hartling.

He says that private colleges align closely with industry and tailor the curriculum so it meets the needs of today's employers.

"We go out to industry and ask, 'What do you need today, and tomorrow?'" says Hartling.

Private colleges and their curriculum have to be approved annually by the Department of Labour and Advanced Education (DLAE) and all curriculum has to be independently endorsed by industry.

For students looking to complete their studies faster, the private colleges tend to operate with few breaks, unlike in the tradi-

tional university system. Private colleges also offer a variety of starting times for their programs, with some starting every month and every quarter.

"There's a lot of flexibility," says Hartling.

As a result, people who have decided on a particular area of study are able to begin their studies at the most convenient time for them.

From a cost standpoint, private colleges are generally more expensive than universities and community colleges, but Hartling says it is important to consider the length of the term students are studying and the nature of the education — an apples to apples comparison isn't fair.

In Nova Scotia, there are 45 private colleges and roughly 3,200 students enrolled in them at the present time, says the DLAE.

Nova Scotia is also regarded as having

some of the highest Canadian standards in how the private colleges are regulated.

"The end result is that students get an excellent education and a great foundation for a rewarding career," says Hartling.

## FINANCING ONE'S EDUCATION

For students considering studying at a private career college, the good news is they may be eligible for student loans, just as if they were going to university or community college.

Perhaps the better news is that in its 2011/2012 budget, the provincial government included a debt cap, which limits the amount of debt a student can carry. It also increased maximum weekly assistance rates and allowances for books.

## THE RIGHT SCHOOL FOR THE JOB

Hallifax Campus - 1526 Dresden Row  
Dartmouth Campus - 45 Alderney Drive

- over 25,000 graduates
- over 25 years in business
- over 90% graduate employment rate
- 7 campuses across Atlantic Canada
- half-day classes, monthly starts
- industry-experienced instructors
- practical hands-on training

 **Eastern  
College**  
FORMERLY COMPUCOLLEGE

1-877-297-0777 • [easterncollege.ca](http://easterncollege.ca)



# THE PATH TO SUCCESS

In the past couple of years, student enrolment has increased consistently at Success College, despite the continuing economic uncertainty. There are many reasons for this.

"We're offering programs that are in demand," says Amy Grewal, the school's Student Services officer. "We're proud of our high employment rates. Some of our programs have maintained a 100 per cent employment rate for several years running."

With 11 programs to choose from — including interior decorating, counselling

skills and business marketing and administration — the school is confident its students will land careers in their chosen fields. Starting in September, it will even offer a guarantee: if a student isn't employed in their chosen field within two years of graduation, their tuition will be refunded.

Grewal says much of the growth has come from referrals from past students and employers, which indicates the satisfaction they have had with the school.

"That's pretty powerful," she says.

At Success College, the emphasis is on

providing hands-on learning and getting involved in the community. For example, the interior decorating class recently raised money and decorated a room in a women's shelter in Halifax, and the students in the counselling skills program recently put on a barbecue at the Metro Turning Point Shelter in Halifax.

"I think professionalism and learning more about who you will be helping in the field is a really important part of the program," notes Grewal.

Located on Sackville Drive in Lower Sack-

## ON THE WEB

With an active presence in the social media world, Success College ([think-success.ca](http://think-success.ca)) is keeping people in the loop about what is happening at the school.

Whether it's photos of the creations the interior decorating class is working on or info about a field trip students are taking, Facebook is just one of the social media channels being used. Twitter (@Success\_NS) and YouTube ([youtube.com/user/SuccessCollegeNS](http://youtube.com/user/SuccessCollegeNS)) are other platforms the school is using to get people involved.

ville, Success College is easily accessible.

"We're in a great spot," says Grewal, adding the location has unlimited parking and bus service goes right by the school.

One of the bus lines is a MetroLink route, which offers fewer stops than a traditional one, thus allowing people to travel faster. (It also helps that travelling to Success College involves going against the traffic.)

The next start date for programs will be in September.

## Business Marketing & Administration You'll know what to do.

Begin day one with your very own laptop computer. Then jump right into business and marketing fundamentals followed with advanced concepts using the latest in software and technology. Graduates of Success College are ready for the demands of highly trained business and marketing professionals.

Plug-in and connect to your new future.

ThinkSuccess.ca 1-800-662-3991



**Success College**  
Get Ready.





Students receive hands-on anatomy instruction.

## NEW SPACE FOR HELPING HANDS

Sheri Christie can barely contain her enthusiasm when talking about the new location for the Canadian College of Massage and Hydrotherapy (CCMH).

"It's fantastic," says the CCMH's Admis-

sions Director.

Besides being in a larger space, the school now has additional equipment — such as a hot tub, infrared sauna and steam room — that it didn't have onsite previously.

"This allows for more hands-on learning to do treatments around the sauna and hydrotherapy equipment," says Christie.

Located at the Mumford Professional Centre, the new location is more central than its previous one in Bedford. With the Mumford Terminal onsite, getting to and from the CCMH is a breeze. There is also lots of free parking available.

With the new location, students can

also benefit from an agreement the CCMH has lined up with Slim Gyms that will see students be eligible for a discounted fitness club membership.

For those considering a career in massage therapy, Christie says it is a good fit for people who like to use their hands to help treat people's medical conditions and help provide them relaxation and relief from stress.

Some of the traits a massage therapist should possess are empathy, strong communication skills, organization, physical stamina and professionalism.

The CCMH has three options for massage therapy programs: a two-year program, an 18-month accelerated program, and a three-year program that is a mix of onsite and online learning.

As part of the curriculum, students also complete 170 hours at the student clinic and 56 hours of time in specialized clinics, devoted to an interest of theirs, such as neurological conditions, chronic pain or pregnancy.

Christie says the CCMH is an excellent option for students because of the exceptional quality of instruction offered, as the instructors have an open-door policy with students and often act as mentors to them.



## BACK TO SCHOOL

The next session of classes at the Canadian College of Massage and Hydrotherapy (CCMH) starts on August 29.

Prospective students who are accepted into the program by August 19 have a chance to win a \$300 massage table.

Non-students who successfully refer somebody into the program also have the chance to win 10 free massages from the school's student clinic.

People interested in learning more should contact Sheri Christie, the CCMH's Admissions Director, at 484-0158.

## Canadian College of Massage & Hydrotherapy offers a new facility and rewarding career

Massage Therapists have excellent employment prospects. A career in Massage Therapy offers one of the highest returns on investment in education in terms of wages for healthcare professionals. My Career Magazine, Canada's magazine for student life and beyond, cited massage therapy as one of Canada's hottest health career choices.

Founded in 1946, our school is the oldest and first massage therapy college in

Canada. CCMH is fully recognized by all regu-



lated provinces. With 18 month, 2 year and 3 year programs, that in-

clude an online/onsite option, CCMH provides students with flexible start dates that enable you to commence your training at a time best for you.

Our massage therapy program builds a strong understanding of the human body through extensive hours of training in various courses such as Anatomy, Neurology, Kinesiology, Systemic Treatments, Pathology and Nutrition, as well as over 200 hours of practical clinical training.



**For more information contact:**  
**Sheri Christie 902-484-0158**

6960 Mumford Road, Halifax  
Suite 180 Mumford Professional Centre,  
832-3268 • [www.collegeofmassage.com](http://www.collegeofmassage.com)



Canadian College of **MASSAGE** & Hydrotherapy





Hands-on learning is an important part of the curriculum at the Maritime Business College for programs such as the Veterinary Assistant program.

If you're looking to start a new career, the Maritime Business College (MBC) can help get you working in the field of your choice quickly.

"Our students do extremely well when it comes to employment after school," says director Rick MacKenzie. "The advantage is that after 10 months, they graduate and go to work and have marketable job skills."

With programs that last 10 months at the longest, people are able to start their dream careers sooner.

With locations in Halifax and Dartmouth, some of the programs offered at

MBC include accounting and medical and office administration. The institution also has a separate institution called the MBC School of Esthetics. Located in New Minas, it offers programs in esthetics, nail technology and make-up artistry.

One of the unique advantages MBC offers to its students is something called lifetime placement assistance.

"When we become aware of a job opportunity, we will align an eligible graduate candidate with a prospective employer," says MacKenzie.

This program isn't just for recent gradu-

ates either. Any former graduate looking for employment is eligible for the assistance.

With class sizes that typically range from 15 to 20 people, students receive lots of individual attention at MBC. The faculty members also have extensive industry experience and continue to work in their fields.

"We have practicing lawyers teach our paralegal program," says MacKenzie. "We have accountants teaching the accounting program. The students are learning absolutely what they need to know and what they're learning is up to date and current."

## MORTGAGE 101

To become a mortgage broker in Nova Scotia, there currently isn't an education requirement. However, that likely won't be the case for long as legislation to regulate the industry is pending. Maritime Business College (MBC) is offering a 35-hour course called Mortgage 101, which is ideal for people looking to start a career as a mortgage broker.

The course is considered a credit course by the Nova Scotia Association of Realtors. This has prompted several HRM brokerage firms to require that completion of the course be a pre-requisite to hiring any new mortgage brokers. The course also attracts consumers who want to educate themselves about the mortgage process.

MBC also offers part-time continuing education courses for students who are looking to upgrade their skills. A full listing can be found at [maritimebusinesscollege.ca](http://maritimebusinesscollege.ca).

The website also includes detailed information on the costs of the different programs and courses.

# Your Career Starts Here!

**Graduate in just 10 months or less!**  
**Many community college programs take 2 years to complete. Examine our course content and compare... our students begin employment and start earning wages sooner.**



**Maritime Business College**

463 6516

[maritimebusinesscollege.ca](http://maritimebusinesscollege.ca)

Halifax | Dartmouth | New Minas

## PROGRAMS

- ✓ Accounting
- ✓ Medical Admin
- ✓ Office Admin
- ✓ Paralegal
- ✓ Small Business
- ✓ Vet Assistant

## CONTINUING ED COURSES

- ✓ Medical Terminology 1, 2, 3
- ✓ Medical Transcription
- ✓ MOM- Medical software
- ✓ Accounting Intro & Intermediate
- ✓ Word-Excel- Computer courses
- ✓ Mortgage 101







Students at ICT Northumberland College get plenty of opportunities to hone their craft.

## HEALING THROUGH TOUCH

When asked what the biggest advantage of studying massage therapy at ICT Northumberland College is, admissions director Karen McKenzie doesn't hesitate before responding.

"The strength is the curriculum," she says, noting that it is fully integrated from day one.

"What happens is a student gets the big picture from the beginning and sees how the pieces fit."

In other words, the program is structured like a movie where the plot is laid out well from the beginning, rather than hastily being brought together at the end of the film.

Through the manipulation of the soft tissues of the body, massage therapy is used to promote stress reduction, health and wellness, and is used to treat acute and chronic conditions.

"What is wonderful when you go for a massage in Canada, your massage therapist can treat a number of conditions," says McKenzie.

Surprising conditions such as asthma,

constipation and sleep disorders can all be treated through massage therapy.

Northumberland falls under the umbrella of ICT Schools, which have 30 years of expertise in teaching massage therapy. For full-time students, the 2,200-hour diploma program takes two years to complete. (An 18-month accelerated course is also offered.)

For those already involved in a health profession who are interested in studying massage therapy, there is a possibility they could do the program in under a year depending on their existing profession. McKenzie says this is possible for professionals such as physiotherapists and athletic therapists because of credit transfers.

For existing massage therapists, Northumberland also offers advanced courses in topics such as pregnancy and sports massage.

There are also continuing education offerings in holistic therapy, such as hot and cold stone therapy, acupressure and aromatherapy.



## RELIEF AT THE RIGHT PRICE

As part of the massage therapy program at ICT Northumberland College, students gain practical experience through working at the Student Teaching Clinic. Usually offered on weeknights when classes are in session, students practise therapeutic massage on real-life clients and are supervised by their instructors.

"A 75-minute treatment is \$27 with taxes in," says admissions director Karen McKenzie. "We also have a card that includes six massages for \$135." The sessions include an assessment, treatment and re-assessment so that clients can see the progress that was made.

Students interested in learning more about ICT Northumberland College should visit [ictschools.com](http://ictschools.com).



## ICT® Northumberland College Massage Therapy Diploma Program

- 30 years of specialization in therapeutic massage training.
- Curriculum is fully integrated with extensive "hands-on" practical application.
- ICT is owned and operated by Massage Therapists. Each step of the way you will be guided by industry experts.

### Massage as a Second Career

Are you a Physiotherapist, Kinesiologist, Athletic Therapist or other health care professional looking for a second career? Call us about transfer of credit and complete your diploma in under 10 months.



Accepting applications  
for January

1888 Brunswick St, 5th Floor, Halifax • 1-888-862-2230 • 425-2869 • [itschools.com](http://itschools.com)



ISTOCK



## FLEXIBILITY FRONT AND CENTRE AT ACADEMY OF LEARNING

Today's students lead more fast-paced lives than ever before, so it's important that the structure of the education they receive adapts to that. At the Academy of Learning College, the school is set up to do just that.

"Students can learn at their own pace within committed guidelines," says

owner/director Duane Yeomans.

This flexibility also applies to the students' schedules, as students are able to customize their learning schedule to meet the needs of their often hectic lives.

"We can make those kinds of adjustments," says Yeomans.

So whether it's a doctor's appointment or some sort of situation that needs to be dealt with, students can rest assured their studies won't be compromised. And they won't have to pay an additional fee for this either.

With locations in the Mumford Professional Centre in Halifax and Cambridge Tower in Burnside, the Academy of Learning College offers eight programs for its students. These programs include web design, PC support and business administration.

A full listing of programs can be found at the school's website, [aolhrm.com](http://aolhrm.com).

The school also offers certificate courses, which usually take about 25 hours to do. Examples include software programs such as Microsoft Word, Simply Accounting or Adobe Photoshop.

Yeomans says one of the key things students need to succeed is support to encourage them with their studies.

"We care about our students and their career success," he says, pointing to the flexible nature of the programs and the one-on-one instructor attention as examples of how the school supports its students.

The curriculum for the programs is also aligned with the needs of today's employers, ensuring graduates are ready for the work world.

"We know these skills are in demand with employers," says Yeomans.



## NEW PROGRAM IN WORKS FOR ACADEMY OF LEARNING COLLEGE

The Academy of Learning College is excited about a new program it will be offering for people who would like to become Medical Office Assistants.

Twelve-months long, the program has been taught elsewhere in Canada and focuses on providing the necessary background to work in a medical office, such as office software, medical terminology and administrative and clinical procedures. It also includes a four-week placement inside a hospital or medical clinic in an administrative role.

# Yes. You can get ahead... with training that's right for you.



## How can I start anytime? It sounds too good to be true.

Is family, financial issues, and a busy life preventing you from going back to school? Book your class time around **your** life commitments and start anytime. At the Academy, our students love the '4 Fs': **F**aster, **F**lexible, **F**riendly and **F**ulfilling.

## Reasons to Choose Academy of Learning College

1. Learn at your own pace
2. 1 on 1 instructor support
3. Hands on training
4. Flexible scheduling
5. Graduate in 7 - 12 month
6. Over 100 locations worldwide

**NEW!**

**Medical Office  
Assistant Diploma**



**Office Administration  
Business Administration  
Accounting  
Medical Administration  
Information Technology  
Web Design**



West End Mall - 1st Floor • 6960 Mumford Rd. Halifax • 455-3395

[aolhrm.com](http://aolhrm.com)

Cambridge Tower 1 - 2nd Floor • 202 Brownlow Ave. Dartmouth • 469-8973



Some recent graduates from the Concepts School of Cosmetology show off their diplomas.



## PUTTING STUDENTS FIRST

Now in its 10th year of operation, the Concepts School of Cosmetology offers programs in hair styling, esthetics, make-up artistry and nail technology. And with an onsite full-service salon and spa, students get extensive experience honing their trade before they graduate.

"It's a very important part of their learning experience," says Sheena Butler, Concepts' director. For people interested in obtaining any of these services, they will

benefit from the great prices.

"Our prices are 30 to 50 per cent off every day because we are a school," says Butler, noting that Concepts regularly services 4,000 to 6,000 clients.

She encourages people to join Concepts' Facebook page so they can learn about additional specials being offered.

The programs offered by Concepts can be completed in 11 months on a full-time basis, or 16 months when done part-time.

Located at the corner of Lady Hammond Road and Commission Street in Halifax, Butler says the advanced training Concepts includes in its curriculums is one of the advantages it offers its students. For example, the school specializes in teaching hair styling students about Goldwell hair colouring products and ethnic hair care techniques, which are things highly sought after by the hairdressing industry. For the esthetics program, Concepts provides an

### BEAUTY BOOT CAMP

The teenage years are tough for all teens, with things such as hair care, esthetics and make-up becoming a part of their daily lives.

For the first time ever, the Concepts School of Cosmetology will be offering two one-week Beauty Boot Camps for junior high students on these topics. The sessions will run from Aug. 15-19 and Aug. 22-26 and are \$150 each with taxes.

"We're very excited for it," says Sheena Butler, Concepts' director.

advanced skin care program with the Dermologica skin care line.

With a low student to teacher ratio, students also great individual attention.

Students also benefit from the assistance Butler offers with finding careers. She maintains a job bank on the Concepts website ([concepts.ns.ca](http://concepts.ns.ca)) and devotes much of her time to finding positions for her students by using her extensive network of contacts. With a 98.5 per cent placement rate, students are virtually assured of finding a great position once they graduate.

## Be Artistic - Be Creative - Shine Brighter

### CONCEPTS SCHOOL OF COSMETOLOGY

Offering unique training programs starting every 12 weeks. Train with leaders in the industry.

#### **Hairstyling**

Goldwell Educator, Platform Artist on Staff  
Goldwell Trilogy Certified  
Danta DiMatia offers advanced training with each student  
Tracey Crowley - Crowning Glory trains students on Ethnic Hair  
1350 HR course • Full Time & Part Time

#### **Make up Artistry**

Train with MAC make-up and representatives  
Training with Master Esthetician Sherie Marshall  
Advanced make up techniques  
Prepare for film, photography, bridal, black/white,  
300 hr program • 2 days a week/ 5 months

#### **Esthetics**

Dermologica product line  
Specialized training from Dermal Institute  
MAC make up trained  
Specializing in advanced skin care, microderabrasion, laser  
1350 HR course • Full time/Part time

#### **Professional Development**

Nail Technology - call for details

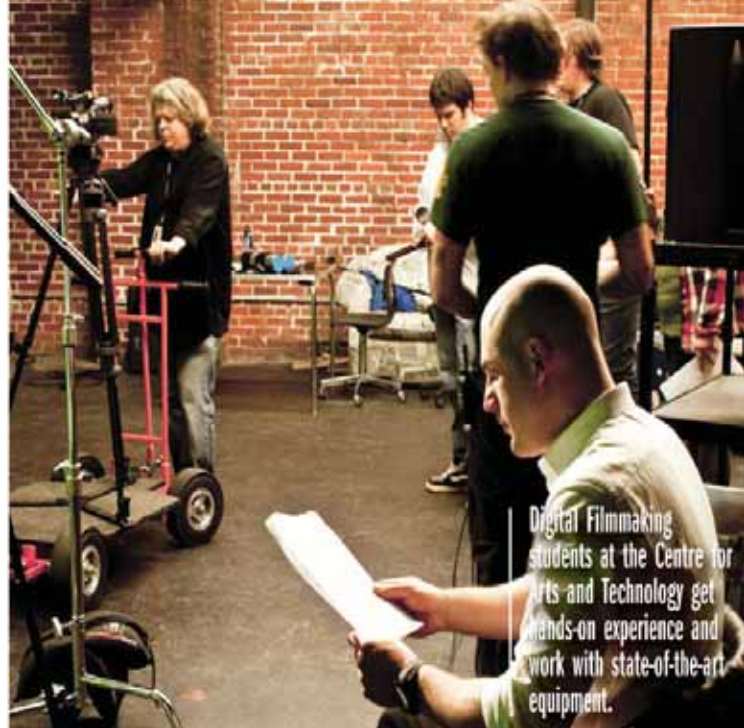
Clinical Esthetics - for Esthicians looking to advance in the areas of cosmetic surgery, laser, chemical peel, post and pre-op



3660 Commission St, Halifax  
492-2444 • [info@concepts.ns.ca](mailto:info@concepts.ns.ca)



# COMMITTED TO STUDENT SUCCESS



When Terrah Keener is talking with prospective students about the Centre for Arts and Technology (CAT), the passion of the faculty is one of the things she likes to highlight.

"They're very committed and passionate about the success of their students," says the Director of Education.

This devotion shows in many ways. Whether it's ensuring students have the right mix of skills to succeed in today's competitive work world or using their network of contacts to open doors for students, the faculty members are more than willing to help.

"When our instructors call, people in industry answer the phone," says Keener. "They know the students are getting a solid foundation in whatever the discipline is."

Located on Barrington Street, CAT is confident its students will find employment after graduation, so much so that it offers a guarantee. If a graduate hasn't found a position in their field of study or a related one within one year of graduation, they are given a tuition voucher to study in another CAT program of equal or lesser value.

"We're committed to having our graduates be employable," says Keener, noting that professional development is an important part of the curriculum.

With many of the programs at CAT falling under a creative domain, such as digital filmmaking, fashion design, audio engineering and graphic design, self-employment after graduation is common, so students need to have an understanding of business basics.

Keener says concepts such as how to negotiate, present yourself (both as an individual and your portfolio) and working in teams are all covered in the professional development component.

Programs at CAT start on a quarterly basis in the months of July, October, January and April.

For more information or to apply, visit [digitalartschool.com](http://digitalartschool.com).

## GETTING TO KNOW THE CAMPUS

Located in the heart of downtown Halifax on Barrington Street, the Centre for Arts and Technology's (CAT) campus has more than 21,000 square feet of production and education space onsite.

Students are able to connect their passion with purpose, by working with the latest technology in an exciting atmosphere that ensures they are well prepared for a successful career after graduation.

# FREE SUMMER WORKSHOPS



## LOOKING TO UPGRADE YOUR SKILLS OR SIMPLY LEARN SOMETHING NEW?

On **August 13** from **9am - 4pm**, The Centre for Arts and Technology is offering **FREE** full-day workshops in: 3D Animation, Audio Engineering, Digital Filmmaking, Graphic & Digital Media Design and Network Security. Don't miss this opportunity to set things in motion in the direction of your passion.

**REGISTER NOW! GO TO [digitalartschool.com](http://digitalartschool.com) TODAY!**

**CENTRE FOR ARTS  
& TECHNOLOGY**  
Kelowna Fredericton Halifax

1577 Barrington Street  
Halifax, NS  
Canada B3J 1Z7  
T: 902.429.1847  
TF: 1.866.429.1847



# Slowing down in Penticton

► There's nothing like a little wine therapy and al fresco dining to soothe the senses ► Retreat to Okanagan's relaxing wine country



**GIZELLE LAU**  
LIFE@METRONWS.CA

A life lived in the fast lane is never as blatantly obvious as when you're travelling, where access to the Internet — let alone a reliable 3G network — is limited, life/news updates via Twitter are not at your fingertips and there's no such thing as a fast food joint for a quick meal.

On the southern rim of Lake Okanagan, British Columbia's increasingly prominent wine region, you'll find townships like Summerland, Penticton and Naramata where "slow" is a way of life.

Slowing down begins in Naramata at Red Rooster Winery where every Friday morning, yoga instructor Teresa G. Maurer of Re:Flexions Studio in Penticton, leads Yoga D'Vine, a morning of yoga and sun salutes in the vineyard under the bright blue sky, accompanied with a light lunch on the terrace with wine and chocolate tastings.

Next up, more tabletop wine therapy on the massage table at Beyond Wrap-ture. With four locations throughout the valley, including one Summerland Waterfront Resort, this wine country day spa offers a specialized Vinotherapy Massage. Products like the spa's grape pip scrub

## Getting there

Visit the Okanagan by flying into Penticton Regional Airport or Kelowna International Airport via Air Canada or WestJet airlines or take the five-hour drive from Vancouver.

► For more info: [tourismpenticton.com](http://tourismpenticton.com)

and grape-seed massage oil are known to have powerful antioxidant properties and are made in-house using leftover grape pips, stems and skins from the winemaking process.

Finish off the evening at Local Lounge & Grille just steps from the spa, where local cuisine and seasonally inspired dishes set the stage for one of the best wine menus in the region, offering exclusively British Columbia VQA wines from the Okanagan Valley.

Slowing down can also mean ditching the car. Bring your own bike or rent one from Freedom The Bike Shop in downtown Penticton and cycle from winery to winery through the hilly, vine-filled landscape or along the historic Kettle Valley Railway bike trail. If you want to get your feet wet, Hoodoo Adventures offers winery tours via kayak.

In Penticton and nearby areas like Cawston, the centre for organic fruit and vegetable growers in the region, even food gets the slow treatment. Here, a passion for regional produce that has been organically, responsibly and ethically grown overflows in many local chefs, most notably Dana Ewart and Cameron Smith of Joy Road Catering.

During the summer on Thursdays and Sunday nights, Joy Road Catering showcases the terroir and bounty of the Okanagan by turning it into a beautiful, sensual al fresco dining experience at God's Mountain Estate.

## Where to stay

► Families and couples will enjoy Summerland Waterfront Resort & Spa, where large suites include a living room and full kitchen. Also on property: a café, lounge, restaurant, beach and water sports.

► For couples, God's Mountain Estate offers rustic, Mediterranean-style bed and breakfast accommodations in the heart of Okanagan wine country, surrounded by vineyards and stunning views overlooking Skaha Lake.



► Al fresco dining at God's Mountain Estate with Joy Road Catering.



► The Okanagan wine region.



► Homemade charcuterie.



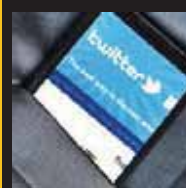
► Yoga at the vineyard.



► Dinner in wine country.

3  
life

## Theatre Festival



Tweeters and bloggers will feel right at home at the second annual Neanderthal Arts Festival, being held July 21-31 at the Vancouver East Cultural Centre (or Cultch).

The festival is creating a dedicated space for smartphone addicts — a so-called Grunt Deck — where they can tell the world about the plays unfolding on stage in real time.

THE CANADIAN PRESS



Wannabe sleuths search for killer, motive at museum scavenger hunts.



# Miami's hot graffiti scene

► Once derided as vandalism, graffiti in the form of artistic murals has now become an accepted art form

Graffiti was once considered a sign of urban decay, the sort of thing that might keep tourists away from a neighbourhood. Now, not only is it an accepted art form, but it's also the subject of a new tour in one of Miami's trendiest neighbourhoods, Wynwood, where legal outdoor murals by graffiti artists cover the walls near art galleries and restaurants.

The two-hour tour — which takes place on Vespa — is offered by a company called Roam Rides. It starts with a 15-minute ride from Miami Beach over the Venetian Causeway to the Wynwood Arts District, considered the mecca of Miami's emerging arts scene, and includes four or five stops to survey the

area's best graffiti.

Once considered a rough neighbourhood, Wynwood has become a destination for artists from all over the world. Art galleries abound and events are held here each December as part of the Art Basel Miami Beach art fair. Wynwood is also now home to one of the world's largest installations of murals by multiple graffiti artists.

"It's gotten to be so pervasive and it brightens up the neighbourhood," said Kit Sullivan of Roam Rides.

"It's so not what you would expect of Miami," said Jesse Bull, an economics professor who took one of Roam Rides' recent graffiti tours. "The graffiti has kind of added to that. It livens it up and makes it

fresh and artsy and I think that's a good thing."

Guides point out work by different local artists — such as Typee and Tribe Called Phresh aka TCP — while explaining the evolution of graffiti from the days when artists plastered their names on vacant buildings and train cars as a way to gain street cred.

These days, building owners give permission to artists to spray-paint their designs, and these legal pieces share the walls of dozens of neighbourhood art galleries and chic restaurants.

They're easy to distinguish from illegal graffiti, which is often done fast, in secret and at night, with a single colour or few colours. The sanc-



► A graffiti covered wall in the Wynwood neighbourhood of Miami.

tioned murals, on the other hand, allow artists to take their time, use multiple colours and work in depth in large spaces with elaborate details.

"It's definitely a chang-

ing art form," Sullivan said. "It's gotten to the point where a lot of these guys don't even use their names at all. They just have a certain distinctive style. You can recognize it

when you see it."

For example, artist Chor Boogie's signature work includes geometric elements and half-hidden faces, as well as an eye.

THE ASSOCIATED PRESS



## FLIGHT CENTRE® Unbeatable

### Airfares

**London**  
**\$149**  
from  
+ taxes & fees \$517

**Toronto** one-way from **\$149**  
+ taxes & fees \$74

**Edmonton** one-way from **\$259**  
+ taxes & fees \$101

**Orlando** from **\$318**  
+ taxes & fees \$123

**New York** from **\$359**  
+ taxes & fees \$118

**Charlotte** from **\$429**  
+ taxes & fees \$127

**Amsterdam** from **\$449**  
+ taxes & fees \$490

**Los Angeles** from **\$539**  
+ taxes & fees \$131

**Glasgow** from **\$589**  
+ taxes & fees \$535

**Izmir** from **\$769**  
+ taxes & fees \$526

**Sydney** from **\$1139**  
+ taxes & fees \$687

### USA

**Orlando**  
Family Special  
Air + 7 Nights  
**\$379**  
from  
+ taxes & fees \$123

**INCLUDES** accom near theme parks. Price per person is based on family of 4.

**New Orleans**  
Air + 3 Nights 4-Star from **\$559**  
+ taxes & fees \$126

**INCLUDES** accom near French Quarter.  
**ADD** swamp and bayou tour from \$49.

**Las Vegas** Air + 4 Nights from **\$569**  
+ taxes & fees \$455  
**INCLUDES** accom on the Strip. **UPGRADE** to 4-star Luxor from \$8 per person.

**Chicago** Air + 3 Nights from **\$699**  
+ taxes & fees \$116  
**INCLUDES** accom on Michigan Avenue.  
**UPGRADE** to 4-star from \$29 per night.

**Phoenix** Air + 3 Nights from **\$799**  
+ taxes & fees \$121  
**INCLUDES** accom in the Phoenix North mountains.  
**UPGRADE** to 4-star from \$41 per night.

### Adventure Tours

**Save**  
**\$200**<sup>+</sup>

Book any On the Go tour with Flight Centre by July 31st and receive \$200\* off per person.

**Uganda 6 Days** was **\$739** now **\$539**  
+ local payment USD\$210 & Gorilla Permit  
**HIGHLIGHTS** Kampala, Gorilla Trek & Lake Bunyoni.

**Egypt 10 Days** was **\$999** now **\$799**  
taxes & fees included  
**HIGHLIGHTS** Cairo, Pyramids of Giza & Saqqara, Luxor, Valley of the Kings, Dahab and the Egyptian Museum.

**Russia 6 Days** was **\$1079** now **\$879**  
taxes & fees included  
**HIGHLIGHTS** St Petersburg, Hermitage, Nevsky Prospekt, Church on Spilled Blood, Moscow, Kremlin, Red Square and Lenin's Mausoleum.

**China 7 Days** was **\$1379** now **\$1179**  
taxes & fees included  
**HIGHLIGHTS** Beijing, Forbidden City, Great Wall, Tiananmen Square, Xian, Terracotta Warriors and Big Wild Goose Pagoda.

go

### Vacations

**Toronto**  
Air + 3 Nights 4-Star  
**\$499**  
from  
+ taxes & fees \$158

**INCLUDES** accom near sights and attractions.  
**ADD** economy car rental with unlimited mileage from \$37 per day.

**Paris** Air + First 2 Nights from **\$519**  
+ taxes & fees \$494

**INCLUDES** central accom. **ADD** Illuminations of Paris tour from \$35 per person

**London** Air + 6 Nights from **\$859**  
+ taxes & fees \$517

**INCLUDES** Paddington accom with breakfast.

**Buenos Aires** Air + 7 Nights from **\$1549**  
+ taxes & fees \$499

**INCLUDES** accom near sights and attractions.

**Thailand** Air + 9 Nights from **\$1639**  
+ taxes & fees \$546

**INCLUDES** all airfare, first and last night Bangkok accom, and 7 nights resort-style accom on the Chewang Beach, Koh Samui. **ADD** all airport transfers from \$72. **UPGRADE** to 4-star accom from \$19 per night.

**LOWEST AIRFARE GUARANTEE**  
We will beat any airfare quote or you fly free!



1 866 485 7093



Join our Insider Club for hot deals. Text YHZ to 131 600



flightcentre.ca



Visit us in store.

Conditions apply. Ex: Halifax. Air only prices are per person for return travel unless otherwise stated. Package, cruise, tour, rail & hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. All-inclusive vacations include air. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. \*Price is per person based on quad occupancy (2 adults & 2 children ages 2-17). \*\*Valid on any On the Go group tours (excludes Tailor Made tours) booked with Flight Centre between July 1-31, 2011. Valid on new bookings only. Not valid in conjunction with any other offer. † We will beat any written quoted airfare by \$1 and give you a \$20 voucher for future travel. ‡ "Fly Free" offer applies only where all "Lowest Airfare Guarantee" criteria are met but Flight Centre does not beat quoted price. Additional important conditions apply. For full terms and conditions visit www.flightcentre.ca/lowestairfareguarantee-flyfree.



**Drink of the week**

**Banana Split Smoothie**

Start your active day with this fruit, yogurt and chocolate milk smoothie.

- 500 ml (2 cups) chocolate milk
- 500 ml (2 cups) strawberry yogurt
- 250 ml (1 cup) frozen or fresh strawberries
- 1 banana

In blender, puree all ingredients at high speed until smooth. Garnish glasses with straws and fresh fruit.

THE CANADIAN PRESS/  
DAIRY FARMERS OF CANADA



# Great eats, no effort required

▶ With the summer weather making everyone dread standing over a hot stove for too long, a sandwich-and-salad combo is perfect ▶ This isn't your regular ham and cheese on toast

MATTHEW MEAD/ THE ASSOCIATED PRESS

In a moment of vacation desperation, my son's dream sandwich was born.

It was late. My son was hungry, tired and cranky. We'd just arrived at our rental apartment and there was virtually no food in the refrigerator.

All I could scrounge were some slices of whole-wheat bread, a bit of sliced ham and some cream cheese. So I combined them into what was a surprise instant hit.

Now that we're back home, I decided to play with it a bit to see if I could up the nutrition. So I added baby spinach and sun-dried tomatoes.

Now it wasn't just delicious, but also ever-so-slightly more nutritious.

**Preparation:**

- 1 Spread cream cheese evenly over 1 side of each slice of bread. Top

**Ingredients:**

- 60 g (2 oz) cream cheese
- 2 slices whole-wheat sandwich bread
- 125 ml (1/2 cup) baby spinach leaves
- 5 oil-packed sun-dried tomatoes, drained and patted dry
- 3 slices deli-sliced ham
- Ground black pepper
- Cooking spray

1 slice with spinach, sun-dried tomatoes and ham. Season ham with black pepper, then finish sandwich with remaining slice of bread, cream cheese side in.

- 2 Heat small skillet over medium. Coat pan with cooking spray. Add sandwich and toast for 4 minutes on each side. Serve immediately.

THE ASSOCIATED PRESS



▶ Toasting the sandwich offers a great contrast to the cream cheese.

▶ Pair your sandwich with this Tomato and Arugula Salad that is splashed with a tangy mustard vinaigrette

THE CANADIAN PRESS H/O



▶ This salad serves six.

Salad days are definitely in full swing and this tomato and arugula choice splashed with grainy mustard and citrus vinaigrette is a real winner.

**Preparation:**

- 1 Into a bowl, juice fruits and strain pulp. Add mustard and honey to juice and stir well. Whisk in oil and season with salt. Add chives. Vinaigrette will keep in the fridge for at least a week.

- 2 Arrange sliced tomatoes on individual plates in a circle (4 slices per plate). Place red onion rings on top of the tomatoes but away from tomato edges. Place 5 orange sections around onion rings closer to centre. Cut stems off arugula close to the top, wash. Place bunch in centre of each plate. Dress with vinaigrette and serve immediately.

THE CANADIAN PRESS/  
MAILLE.CA

**Ingredients:**

**Mustard and Citrus Vinaigrette**

- 3 pink grapefruit, juiced
- 2 limes, juiced
- 2 lemons, juiced
- 3 oranges, juiced
- 30 ml (2 tbsp) grainy mustard
- 30 ml (2 tbsp) honey
- 50 ml (1/4 cup) canola oil
- Salt, to taste
- 15 ml (1 tbsp) chopped chives

**Tomato and Arugula Salad**

- 6 bunches arugula
- 250 ml (1 cup) whole-grain mustard and citrus vinaigrette
- 3 to 4 fresh tomatoes, cut in 0.5- to 1-cm (1/4- to 1/2-inch) thick slices
- 1 to 2 red onions, peeled and thinly sliced
- 3 to 4 oranges, peeled and cut into wedges between pith

**LASIK MYTH #2**  
"LASIK doesn't treat astigmatism."

**LASIK FACT**

LASIK corrects astigmatism more effectively than glasses or contacts.

Dr. Christopher Jackman  
MD, FRCSC  
Over 10,000 procedures

**LASER VISION CORRECTION**  
Starting at

**\$490** /eye\*

Financing Available

Forget the myths... get the facts!  
Visit [www.lasikmd.com/facts](http://www.lasikmd.com/facts)

**LASIK MD**  
VISION

FREE Consultation  
1-866-999-0435  
[www.lasikmd.com](http://www.lasikmd.com)

**HALIFAX**  
1801 Hollis Street, Suite 400

All-Laser LASIK Available

\* Prices are subject to change without prior notice. Prices vary based on prescription strength. Applicable to surgery on both eyes only.

Halifax | Québec | Montréal | Toronto | Winnipeg | Edmonton | Saskatoon | Calgary | Vancouver



# From lunch to landing the job

## STUDENT VOICE

AKSHAY KOCHAR  
TALENTEGG.CA

It was March, university would be done in another month and I had yet to put any thought into what I wanted to do next. It didn't help that everyone would ask, "So, you're almost done. Any jobs lined up?"

I'm sure every student reading this can relate.

During that time, I was interning at Guardly, a position I had obtained after seeing it on TalentEgg. I was learning a lot about the technology community in Toronto, and was amazed at the quality of start-ups that the city was producing. During this internship, and with a little help from one of my university professors,

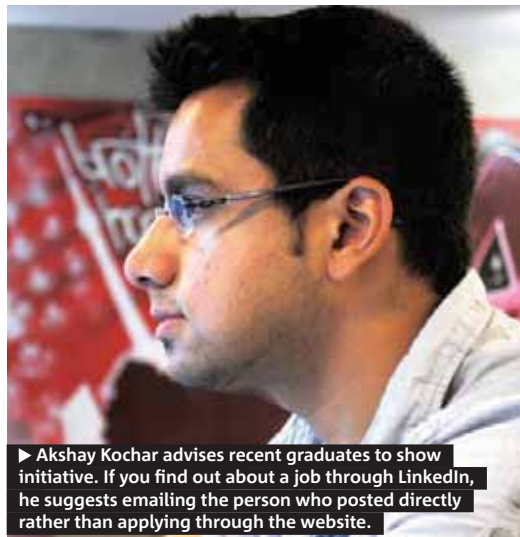
### What I learned

Key take-aways from Akshay's experience:

- Informational interviews are a great way to learn about an industry or a specific job within an industry. They also provide you with a contact that could, if you're lucky, lead to a job down the road.
- Look for jobs in unconventional places and always be prepared with a quick pitch that explains what you can bring to the company.

I found Agility CMS, a content management company.

I contacted one of the co-founders and introduced myself. Thankfully, he was willing to take some time out of his day to do an informational interview with me over lunch. This was a



► Akshay Kochar advises recent graduates to show initiative. If you find out about a job through LinkedIn, he suggests emailing the person who posted directly rather than applying through the website.

great experience as it allowed me to learn more about his company and the industry as a whole.

We kept in touch after that lunch via email and,

about a month later when a position became available, he asked me if I was interested in going through the interview process.

So, one lunch interview,

two phone interviews, two in-person interviews and a full reference check later, I graciously accepted Agility's offer to become their new project co-ordinator.

I strongly urge employers to take the risk on recent graduates.

Find out more about which program they took and what types of courses were involved. There are so many new programs out there that give students a tremendous amount of knowledge and experience.

For instance, the Digital Enterprise Management program at the University of Toronto Mississauga enables students to learn about business, marketing, design, project management and entrepreneurship. This broad skill-set allows the recent graduate to apply themselves in a vast array of positions in any company.

Sure, someone who has worked in the industry may have some advantages over a recent graduate, however, I can confidently say that because recent graduates have the urge to continue learning, they can apply themselves just as efficiently.

For students, I cannot stress enough the importance of networking in any way possible.

Whether it's at a formal networking event or in the line-up of a fast food restaurant. Perhaps the person about to order a foot-long chicken teriyaki sub is actually the CEO of that marketing company you've been trying to apply at. Be ready, your elevator pitch just became your Subway pitch.

TALENTEGG.CA, CANADA'S ONLINE CAREER RESOURCE FOR STUDENTS AND RECENT GRADS, WANTS TO HEAR YOUR STUDENT VOICE. SHARE IT AT TALENTEGG.CA.

## FEELING SICK?

### WORKPLACE LAW

DANIEL LUBLIN  
DAN@TORONTO-  
EMPLOYMENTLAWYER.COM  
TWITTER: @DANLUBLIN



There is a new war being waged in Canadian workplace law, and its battleground is not even a courtroom.

This conflict unfolds at doctors' offices when employees claim that they are too sick to work and employers stubbornly disagree.

The result is usually a letter-writing war between medical experts, insurance claims examiners and eventually the lawyers.

Employees are entitled to "accommodation" for illnesses and disabilities (even perceived ones), and employers must take all reasonable steps to comply.

Although the law may be clear-cut, the facts are seldom straightforward. A "headache" to one physician may be a chronic illness to another.

Given the potential for confusion, disputes often arise. When faced with a challenged sick leave claim, employees ought to do as follows:

Do not assume that your employer can read your mind. Put your request for a leave in writing and say that you will immediately visit your doctor to confirm your illness.

When you see your doctor, ensure that he or she provides a letter and one with a real explanation.

DANIEL LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN LLP. TO READ THIS ARTICLE IN ITS ENTIRETY VISIT METRONEWS.CA

that was easy.™

With 90,000 associates worldwide, Staples has a presence in more than 26 countries.

Join us in our mission to make buying office products easy for our customers.

We Offer:  
Advancement opportunities, flexible benefits, stock plan, RRSP program, employee discounts and computer purchase program.  
Free parking and on a bus route.

We are one team. We live our values, support each other and deliver results.

## STAPLES Contact Center

70 First Lake Drive, Lower Sackville

### Now Hiring...

**Staples Account Manager**

- Account Manager is wholly responsible for the satisfaction, growth and development of his/her account base
- Base Salary with uncapped bonus structure
- Minimum 3 years blended customer service and sales experience

**Customer Contact Associates**

- Work with existing customers to create relationships that will result in an increased share of wallet and customer retention
- Sales leads provided
- Prefer at least one year of outbound sales experience or strong sales experience from retail or inbound contact centre environment

**Inside Sales Representative**

- Conduct outbound cold calling to prospects
- 1-2 years experience working in an environment where a sales goal is present
- Acquisition of new accounts on a daily basis

All of the above Sales positions are Mon to Fri 9:30am - 6:00pm

**Customer Service Representatives**

- Provide WOW customer service & creative solutions for customers regarding Staples products and services
- Requires 1-2 years of customer service experience
- Monday to Friday 10:30am to 7:00pm with Saturday rotation

To apply for our current opportunities visit:  
[www.staples.com/jobs](http://www.staples.com/jobs)

### Change Your Career

#### Become an OSTEOPATH

- 4 months FT or 9 months PT
- zero unemployment rate
- average osteopath income: \$90,000/yr
- student loan available
- classes held in Halifax

NationalAcademyOfOsteopathy.com  
Toll Free: 1-877-550-6550



# Canadian gets the assist

► Hesjedal helps Hushovd win rainy 16th stage of Tour de France  
► Voeckler still leads race, but Contador and Evans make gains

Canadian Ryder Hesjedal raised his arms in jubilation as he crossed the finish line yesterday.

The 30-year-old from Victoria was third, but he had just scored a glorious assist to help Garmin-Cervelo teammate Thor Hushovd win the 16th stage of the Tour de France.

Hesjedal, who came into the stage 32nd overall in the standings, attacked midway through the 162.5-kilometre course. While others fell back or launched their own attacks, he persevered.

There were just three men left in the rain as the finish line neared: Hesjedal and two Norwegians, Hushovd and Edvald Boasson Hagen.

The Canadian led the way, looking back at Hagen on his shoulder as he shifted position in the final sprint. Hushovd, one of cycling's marquee men, hung back and then accelerated while Hagen wasn't looking. He rocketed over the line, with his Norwegian rival second and a delighted Hesjedal third, two seconds behind.

It was Garmin-Cervelo's fourth stage win of the Tour.

"It was great. This Tour's been so good for our team," Hesjedal told The Canadian Press.

"For me, there's been highs and lows. To have a big high today and ride well, it's definitely going

**"To be able to push the pace and get close to the win and make the win happen for the team — it doesn't get better than that."**

RYDER HESJEDAL

to be remembered."

Hesjedal showed his endurance during the stage and then his smarts at the end.

"Thor's obviously one of the fastest guys in the world and so is Edvald, so we just had to make sure we played it exactly right to come up with the victory," he said.

Hesjedal's own general classification hopes were dashed the first week when he lost time and was hurt in a crash on Stage 7.

But he continues to ride for the team, supporting American Tom Danielson while contributing to the Garmin-Cervelo overall campaign — the times from the top three riders from each squad is counted in the team standings.

Hesjedal was seventh in last year's race, when he had two fourth-place individual stage finishes.

He moved up four places to 28th overall after his heroics yesterday and stands 20 minutes 36 seconds behind leader Thomas Voeckler of France.

THE CANADIAN PRESS



► Ryder Hesjedal celebrates as teammate Thor Hushovd crosses the finish line yesterday.

## Lightning lock up Stamkos until 2016

Steven Stamkos finally has a new deal with the Tampa Bay Lightning.

The 21-year-old forward signed a \$37.5-million US, five-year contract extension yesterday, ending a set of negotiations that extend all the way back to last year.

"I am excited we were able to reach an agreement today," Stamkos said in a release. "This was obviously very important to me ... There is no place I'd rather be than as a member of the Tampa Bay Lightning."

Stamkos had been a re-

stricted free agent since July 1 and there was much speculation he'd be the target of an offer sheet.

Stamkos will receive \$8 million each of the next four seasons and \$5.5 million in 2015-16.

THE CANADIAN PRESS

### Sports in brief

#### NBA releases schedule

**OPENER.** The Toronto Raptors will host the Philadelphia 76ers to open their NBA schedule — if the season begins on time. The NBA released its complete 2011-12 schedule yesterday

despite being in a lockout. **THE CANADIAN PRESS**

#### Rangers raise railings

**MLB.** The Texas Rangers plan to make all the protective railings at their stadium the same height, raising some as much as 30 centimetres to make their stadium safer following the death of a fan. **THE ASSOCIATED PRESS**

# 4

sports

### Quoted



**"It's actually got players talking on Tour, which is kind of cool. I think RBC is on to something by taking (the tournament) around Canada to the best golf courses they can find."**

ENGLISH GOLFER PAUL CASEY, EXPRESSING HIS APPROVAL FOR BRINGING THE CANADIAN OPEN TO VANCOUVER'S SHAUGHNESSY GOLF AND COUNTRY CLUB. THE TOURNAMENT STARTS TOMORROW.



Scan code for more sports news.



## Halifax's Kodejs added to Universiade soccer team

Halifax's Shawn Kodejs has been added to Canada's men's soccer team for the World Universiade.

Kodejs, a Saint Mary's Huskies defender who was a first-team Atlantic University Sport all-star last season, is currently playing in the Premier Development League with Ontario's Forest City London.

He has logged 788 minutes through 11 PDL games this summer.

Kodejs, who led the Huskies to an AUS title last fall, is the only Nova Scotian on the Canadian roster at this time. The Universiade will take place from Aug. 12 to 23 in Shenzhen, China.

● METRO

# Guthrie strong as O's beat Red Sox

► Losingest pitcher in the majors allows two runs in seven innings to improve his record to 4-13 ► Derrek Lee and Mark Reynolds hit homers



► Orioles starter Jeremy Guthrie delivers a pitch to a Boston Red Sox batter last night.

There have been times this season when Jeremy Guthrie pitched well and didn't get much support. There have also been occasions when he was admittedly lousy.

So when Guthrie handcuffed the Boston Red Sox and received ample offensive backing from his Baltimore Orioles teammates in a 6-2 victory last night, the losingest pitcher in the majors was delighted with the rare sequence of

6	2
ORIOLES	RED SOX

events.

Guthrie allowed two runs in seven innings, and the Orioles got successive eighth-inning home runs from Derrek Lee and Mark Reynolds in ending a seven-game losing streak

against the Red Sox.

"Good game there. The late runs were huge for us and we played great defence," Guthrie said. "This is a win that makes me feel really good, and I think the team feels good about it."

Guthrie (4-13) came in with the sixth-lowest run support in the AL, but he also gave up 12 runs over 10 innings in his prior two starts. In this one, Baltimore went ahead 3-0 after

three innings and the right-hander made the lead stand up.

It was Guthrie's second win in 11 starts, but the drought appeared even longer to some.

"It seemed like he didn't have a win since '07," Orioles centre-fielder Adam Jones said. "That's what it feels like. We got him an early lead and he was able to settle down, get comfortable."

THE ASSOCIATED PRESS

## Ex-Rainmen vie for Team Canada spots

Halifax Rainmen alumni Jevohn Shepherd and Jermaine Anderson are among 17 players trying out for Canada's men's basketball team. The camp started Saturday in Hamilton. ● METRO

## Haverstock shuts down Bearcats

Player-coach Mark Haverstock pitched a complete-game six-hitter to lead the Halifax Pelham Molson Canadians to victory in Truro last night.

Haverstock, who is now second in the Nova Scotia Senior Baseball League in wins and No. 1 in innings pitched, improved to 4-2 in a 6-0 shutout of the host Bearcats. Adam Lucas led the bats with a double and two singles.

The win leaves the Canadians in second place with a 9-7 record, three-and-a-half games behind NSSBL-leading Dartmouth Moosehead Dry.

Dartmouth has five games this week, including a head-to-head tilt with the Canadians tomorrow at 7:30 p.m. at Beazley Field.

● METRO

### Standings

	NSSBL			
	W	L	Pct	GB
DARTMOUTH	12	3	.800	—
HALIFAX	9	7	.600	3.5
KENTVILLE	8	10	.444	5.5
SYDNEY	6	10	.375	6.5
TRURO	7	12	.368	7

**INTERACTIVE**  
**101.3 THE BOUNCE**  
**NINE @ 9**  
**FOR JULY 19TH**

- Adele - Rolling In The Deep
- Jason Derulo - Don't Wanna Go Home
- Enrique Iglesias ft Usher, Lil Wayne - Dirty Dancer
- Karl Wolf ft Kardinal Offishall - Ghetto Love
- Nicole Scherzinger ft 50 Cent - Right There
- David Guetta ft Flo Rida - Where Them Girls At
- Pitbull ft Ne-yo & Nayer - Give Me Everything
- Nicki Minaj - Super Bass
- Katy Perry - Last Friday Night (TGIF)

1013THEBOUNCE.COM

# Marchand spending summer in limbo



► Brad Marchand

Brad Marchand remains unsigned as the summer rolls on for the Boston Bruins.

Marchand, one of the heroes of the Bruins' run to a Stanley Cup last month, is a restricted free agent after completing the final season of his three-year, \$1.77-million US entry-level contract.

"They know I want to be back here, and they want me back, so we'll get some-

thing done," Marchand told Boston's WEEI Sports Radio Network on Monday.

The 23-year-old winger from Hammonds Plains was among the league's top rookies last season, recording 21 goals and 20 assists for 41 points in 77 games.

He turned it up another notch in the post-season, finishing third on the team with 11 goals and eight as-

ists for 19 points in 25 games.

As an RFA, other teams can sign Marchand but the Bruins retain the right to match any offer.

Marchand is scheduled to bring the Stanley Cup to the Halifax area on Monday, Aug. 29.

He called the summer "a busy time for everyone."

● MATTHEW WUEST

### Raise imminent?

Brad Marchand should be in line for a healthy raise. As a comparison, the Bruins recently gave a three-year, \$4.7-million US extension beginning in 2012 to 24-year-old defenceman Adam McQuaid.



## Engine

The Accent's slick new body styles are matched with an equally slick 1.6-litre engine that produces 138 horsepower and 123 pound-feet of torque. Both numbers are substantially better than the outgoing 1.6's 110 horses and 106 pound-feet.

Since the Accent's curb weight remains essentially unchanged, the higher output gives the Accent considerably more pep.

## Shape: All in the family

The sedan's new sheetmetal contains Hyundai's familial shape that has already been imprinted on the Sonata and Elantra models, especially the deeply sculpted crease extending along the doors and fenders and ending with a hiked-up rear deck.

The same is essentially true for the wagon-like hatchback, although its sweeping roofline, curvaceous liftgate and dominating taillamps make it the most practical Accent and arguably the best looking of the two.

## Direct injection, emissions

The new powerplant benefits from the latest in engine-building technology, including direct injection whereby precise amounts of highly pressurized fuel is sprayed into the combustion chamber (instead of through the intake manifold) which means more power and reduced emissions.

As well, a special hard diamond-based coating has been added to the engine's camshaft components to reduce valvetrain friction.



# Finally there's an Accent that boasts style



**MALCOLM GUNN**  
DRIVE@METRONEWS.CA  
WHEELBASE MEDIA

What took Hyundai so long?

For six long model years (2006-'11), the Korea-based automaker kept churning out the same basic Accent econo-car while the competition was busy updating or

completely renewing its basic-transportation offerings.

Whatever the reason, the long wait ends now with the release of the fourth-generation Accent duo.

The outgoing two-door hatch and four-door sedan could never be considered the sharpest models on the lot. With their understated

blob-like shapes, both represented the last vestiges of Hyundai's school of anonymous automotive styling and would have made ideal conveyances for those entering a witness-protection program. They also remained relatively spartan and lacked the assortment of standard and optional

features that customers expect in their small cars these days. All that has passed. The 2012 Accent, still available in four-door sedan and hatchback formats, appears to be yet another game-changing model for Hyundai. This one should present a formidable challenge to such

pack leaders as the Honda Fit, Ford Fiesta and Mazda2, to highlight just a few.

Given the sedan's \$14,700 on-the-street base price, it appears that small-car power, hospitable roominess, fuel efficiency and affordability are at the top of the Accent's menu. And at long last, so is style.

# 5

## drive



Scan code for more car reviews and news

**Dan's** PRNIP321  
**TRANSMISSION**

485 Windmill Rd, Dartmouth  
Under the Mackay Bridge  
468-9541  
danstransmission.com

Service Event  
**TOTAL CARE**

**We've got your Ford covered from every angle.**

- ✓ Know where your Ford stands, today and tomorrow
- ✓ One-on-one advice from Ford experts
- ✓ Competitive prices on all of your service needs

THE  
**WORKS**  
Fuel Economy Package<sup>†</sup>

Package includes:

- ✓ Motorcraft® Premium Oil and Motorcraft® Filter change\*
- ✓ Rotate and inspect 4 tires
- ✓ Inspect brake systems and report on measurements
- ✓ Check belts and hoses
- ✓ Up to 87-point inspection including air filter (clogged air filter reduces fuel economy), steering and suspension components, battery test and report on findings

FOR ONLY **\$59<sup>99</sup>** ‡

ASK ABOUT \$5 ROADSIDE ASSISTANCE<sup>^</sup>

Get ready to spend less on gas. You can save up to \$350 a year\* with The Works.

With this package and regular maintenance.



Trust the experts who know your Ford best. Ford Trained Technicians.  
For more details and offers, see your Atlantic Service Advisor or visit us online.



ford.ca

\*Based on 2010 EPA estimates. Actual mileage may vary. †Excludes taxes, license, title, and dealer fees. ‡Excludes taxes, license, title, and dealer fees. ^Excludes taxes, license, title, and dealer fees. ©2011 Ford Motor Company. All rights reserved. Ford, the Ford logo, and other marks contained herein are trademarks of Ford Motor Company. Other marks contained herein are the property of their respective owners.



# BACKING UP HARDER THAN BREAKING UP

## AUTO PILOT



MIKE GOETZ  
DRIVE  
@METRONEWS.CA

**There are more back-up songs than back-up songs, which is strange, because more people get hurt backing up.**

**A**nd this is real, physical hurt, not that flakey emotional stuff you can fix with a bit of Haagen-Dazs.

"Backing up is the high-

est risk activity you can do with a vehicle," says Brain Patterson of the Ontario Safety League. "If a crash is the result of a low-speed impact, chances are someone was backing up."

The Ontario Safety League has been around since 1913 and is recognized as one of North America's leading traffic safety organizations. Its mandate is "safety through education." Needless to say, the League has looked at a lot of carnage since 1913.

"We seem to be making headway in a whole bunch of areas," notes Patterson.

"But there are two areas that are constantly at issue. Male drivers between 16 and 24. And crashes involving backing up."

Patterson has a few theories on why backing up is still a heavy hitter on the



unsafe scene.

He feels a lot of people don't do it enough to get proficient at it. And he feels people are just less courteous these days. "I'm walking through a parking lot, say at a shopping mall. I see you backing up, but instead of walking in front of the vehicle, I keep walking behind your moving vehicle."

Patterson and I were

speaking at a parking lot, where Canadian Tire was allowing media to sample its exclusive line of back-up related safety products from Yada: Rearview Mirror Back-up Camera with Speakerphone (via Blue Tooth); Dash Mounted Back-up Camera; Back-up Sensor System; Blind Spot Assist System.

These safety systems are

becoming increasingly available on new vehicles, especially on larger and/or luxury ones. And good thing, too. Because as Mandi Paquin-Johnson of Canadian Tire notes, "bigger vehicles mean bigger blind spots."

So if you're not quite ready, willing, or able to shell out for a new vehicle equipped with all these fea-

tures, you now have the option of adding them to your current ride. The Yada line runs from \$149 to \$249 (plus installation, though some folks will be able to do it themselves).

I think rear-view cameras are awesome. Not only do they allow you to back up with precision, they flush out any low-lying obstacles (or small folk!) that are directly behind your vehicle, and therefore undetectable from any side or rear-view mirror. Patterson notes these electronic systems are especially helpful to drivers who have physical limitations, especially with upper body mobility.

Of course there is a caveat... "They don't replace good driving practices. They enhance good driving practices," says Patterson.

## Regenerative braking: Hybrids slow down to quickly recharge

Hybrid vehicles use a combination of a gasoline engine and an electric motor to power them. The electricity comes from a battery pack that is continuously recharged while the car is being driven, mostly through a process called regenerative braking.

"Regenerative braking means that we decelerate the vehicle via the hybrid

drivetrain," says Claus Halder, development engineer for recuperation and brake systems at Audi in Germany.

The company will introduce its first production hybrid model, the Q5 Hybrid SUV, in the Canadian market next year.

Like most hybrids available today, the Q5 Hybrid runs on its gasoline engine,

## DRIVING FORCE

JIL McINTOSH  
DRIVE@METRONEWS.CA

on the battery alone, or on a combination of the two, depending on the type of driving and how hard the driver is accelerating.

When the driver has his foot on the throttle (the "gas pedal"), power is sent to turn the drive shafts, which then turn the wheels. Depending on driving conditions, this power is provided by the electric motor, by the gasoline engine, or with the two working together.

When the driver takes his foot off the throttle, the

electric motor automatically reverts and works like a generator. It takes the spinning power of the drive shafts and converts it into electricity, almost the same way as a waterfall spins a turbine to produce power. This electricity is then fed back into the battery to recharge it.

A beneficial side effect is that as the electric motor

converts the spinning energy, it also slows down the drive shafts, which in turn slows down the car.

Although the electric motor is not connected to the conventional braking system, the regenerative system captures even more energy when the driver uses the brakes, which in turn puts more electricity back into the battery.



## LOOKING FOR A USED CAR? CHECK OUT THOUSANDS OF LISTED VEHICLES WITH US!

Try out the Canadian Black Book Vehicle Evaluator for trade-in value, average asking price and future value of virtually every car and truck manufactured since 1998! Plus, you can search through thousands of used cars listings to find one that's right for you!

powered by

Canadian Black Book

Visit [www.metronews.ca/drive](http://www.metronews.ca/drive)

metro





**ADEKEMI S.**  
Financial  
Analyst

# SHARE OUR PRIDE SHARE OUR PRICE

- WITH UP TO

**\$12,000<sup>†</sup>**

## IN PRICE ADJUSTMENTS

2011 **ESCAPE** 14 4x2 XLT  
CANADA'S BEST SELLING  
COMPACT SUV<sup>±</sup>

Employee Price Adjustment.....\$875

**Total Eligible Price Adjustment.....\$875**

## Share our Employee Price

**\$18,997\***

Offer excludes taxes and freight.



**7.1L/100km 40MPG HWY<sup>±</sup>**  
**9.1L/100km 31MPG CITY<sup>±</sup>**

- AIR CONDITIONING
- ADVANCETRAC® ROLL STABILITY CONTROL™
- KEYLESS ENTRY
- SIRIUS® SATELLITE RADIO (with 6 month prepaid subscription)



2011 **EDGE** SE FWD  
BEST NEW SUV/CUV  
\$35,000-\$50,000

Employee Price Adjustment.....	\$1,500
--------------------------------	---------

**Total Eligible Price Adjustment....\$1,500**

## Share our Employee Price

**\$26,499\***

Offer excludes taxes and freight.

- ADVANCETRAC® ROLL STABILITY CONTROL™
- TIRE PRESSURE MONITORING SYSTEM
- SECURILOCK® PASSIVE ANTI-THEFT SYSTEM
- KEYLESS ENTRY

**7.4L/100km 38MPG HWY\***  
**11.2L/100km 25MPG CITY\***



**Get your employee price today, only at your Atlantic Ford store.**

**Drive one.**

| atlanticford.ca |

Dealer may sell or lease for less. Limited time offers. Offers may be cancelled at any time without notice. See your Ford dealer for complete details or call the Ford Customer Relationship Centre at 1-800-555-3673. \*Employee Pricing ("Employee Pricing") is available from June 16, 2011 to August 31, 2011 (the "Program Period"), on the purchase or lease of most new 2011/2012 Ford/ Lincoln vehicles (excluding all classic cab and cutaway body models). F-150, F-250, F-350, F-450, F-550, F-650, F-750, F-850, F-950, F-1000, F-1100, F-1200, F-1300, F-1400, F-1500, F-1600, F-1700, F-1800, F-1900, F-2000, F-2100, F-2200, F-2300, F-2400, F-2500, F-2600, F-2700, F-2800, F-2900, F-3000, F-3100, F-3200, F-3300, F-3400, F-3500, F-3600, F-3700, F-3800, F-3900, F-4000, F-4100, F-4200, F-4300, F-4400, F-4500, F-4600, F-4700, F-4800, F-4900, F-5000, F-5100, F-5200, F-5300, F-5400, F-5500, F-5600, F-5700, F-5800, F-5900, F-6000, F-6100, F-6200, F-6300, F-6400, F-6500, F-6600, F-6700, F-6800, F-6900, F-7000, F-7100, F-7200, F-7300, F-7400, F-7500, F-7600, F-7700, F-7800, F-7900, F-8000, F-8100, F-8200, F-8300, F-8400, F-8500, F-8600, F-8700, F-8800, F-8900, F-9000, F-9100, F-9200, F-9300, F-9400, F-9500, F-9600, F-9700, F-9800, F-9900, F-10000, F-10100, F-10200, F-10300, F-10400, F-10500, F-10600, F-10700, F-10800, F-10900, F-11000, F-11100, F-11200, F-11300, F-11400, F-11500, F-11600, F-11700, F-11800, F-11900, F-12000, F-12100, F-12200, F-12300, F-12400, F-12500, F-12600, F-12700, F-12800, F-12900, F-13000, F-13100, F-13200, F-13300, F-13400, F-13500, F-13600, F-13700, F-13800, F-13900, F-14000, F-14100, F-14200, F-14300, F-14400, F-14500, F-14600, F-14700, F-14800, F-14900, F-15000, F-15100, F-15200, F-15300, F-15400, F-15500, F-15600, F-15700, F-15800, F-15900, F-16000, F-16100, F-16200, F-16300, F-16400, F-16500, F-16600, F-16700, F-16800, F-16900, F-17000, F-17100, F-17200, F-17300, F-17400, F-17500, F-17600, F-17700, F-17800, F-17900, F-18000, F-18100, F-18200, F-18300, F-18400, F-18500, F-18600, F-18700, F-18800, F-18900, F-19000, F-19100, F-19200, F-19300, F-19400, F-19500, F-19600, F-19700, F-19800, F-19900, F-20000, F-20100, F-20200, F-20300, F-20400, F-20500, F-20600, F-20700, F-20800, F-20900, F-21000, F-21100, F-21200, F-21300, F-21400, F-21500, F-21600, F-21700, F-21800, F-21900, F-22000, F-22100, F-22200, F-22300, F-22400, F-22500, F-22600, F-22700, F-22800, F-22900, F-23000, F-23100, F-23200, F-23300, F-23400, F-23500, F-23600, F-23700, F-23800, F-23900, F-24000, F-24100, F-24200, F-24300, F-24400, F-24500, F-24600, F-24700, F-24800, F-24900, F-25000, F-25100, F-25200, F-25300, F-25400, F-25500, F-25600, F-25700, F-25800, F-25900, F-26000, F-26100, F-26200, F-26300, F-26400, F-26500, F-26600, F-26700, F-26800, F-26900, F-27000, F-27100, F-27200, F-27300, F-27400, F-27500, F-27600, F-27700, F-27800, F-27900, F-28000, F-28100, F-28200, F-28300, F-28400, F-28500, F-28600, F-28700, F-28800, F-28900, F-29000, F-29100, F-29200, F-29300, F-29400, F-29500, F-29600, F-29700, F-29800, F-29900, F-30000, F-30100, F-30200, F-30300, F-30400, F-30500, F-30600, F-30700, F-30800, F-30900, F-31000, F-31100, F-31200, F-31300, F-31400, F-31500, F-31600, F-31700, F-31800, F-31900, F-32000, F-32100, F-32200, F-32300, F-32400, F-32500, F-32600, F-32700, F-32800, F-32900, F-33000, F-33100, F-33200, F-33300, F-33400, F-33500, F-33600, F-33700, F-33800, F-33900, F-34000, F-34100, F-34200, F-34300, F-34400, F-34500, F-34600, F-34700, F-34800, F-34900, F-35000, F-35100, F-35200, F-35300, F-35400, F-35500, F-35600, F-35700, F-35800, F-35900, F-36000, F-36100, F-36200, F-36300, F-36400, F-36500, F-36600, F-36700, F-36800, F-36900, F-37000, F-37100, F-37200, F-37300, F-37400, F-37500, F-37600, F-37700, F-37800, F-37900, F-38000, F-38100, F-38200, F-38300, F-38400, F-38500, F-38600, F-38700, F-38800, F-38900, F-39000, F-39100, F-39200, F-39300, F-39400, F-39500, F-39600, F-39700, F-39800, F-39900, F-40000, F-40100, F-40200, F-40300, F-40400, F-40500, F-40600, F-40700, F-40800, F-40900, F-41000, F-41100, F-41200, F-41300, F-41400, F-41500, F-41600, F-41700, F-41800, F-41900, F-42000, F-42100, F-42200, F-42300, F-42400, F-42500, F-42600, F-42700, F-42800, F-42900, F-43000, F-43100, F-43200, F-43300, F-43400, F-43500, F-43600, F-43700, F-43800, F-43900, F-44000, F-44100, F-44200, F-44300, F-44400, F-44500, F-44600, F-44700, F-44800, F-44900, F-45000, F-45100, F-45200, F-45300, F-45400, F-45500, F-45600, F-45700, F-45800, F-45900, F-46000, F-46100, F-46200, F-46300, F-46400, F-46500, F-46600, F-46700, F-46800, F-46900, F-47000, F-47100, F-47200, F-47300, F-47400, F-47500, F-47600, F-47700, F-47800, F-47900, F-48000, F-48100, F-48200, F-48300, F-48400, F-48500, F-48600, F-48700, F-48800, F-48900, F-49000, F-49100, F-49200, F-49300, F-49400, F-49500, F-49600, F-49700, F-49800, F-49900, F-50000, F-50100, F-50200, F-50300, F-50400, F-50500, F-50600, F-50700, F-50800, F-50900, F-51000



# Sportiness and style in a crossover

► **Rogue loved for fuel-efficient performance and handling**

## SECOND GEAR



JUSTIN PRITCHARD  
DRIVE@METRONEWS.CA

Nissan's replacement for the XTrail, Rogue competes with machinery like the Ford Escape, Dodge Nitro and Honda CR-V with an eye for sportiness and style.

All Rogue models got a 2.5-litre, 170-horsepower four-cylinder engine with a Continuously Variable Transmission (CVT) with available paddle-shift.

Front-wheel drive was standard, and four wheel drive was optional. Rogue's AWD system featured automatic operation and a

"lock" mode for low-traction situations.

Trim designations include "S" for a more basic Rogue, and "SL" for higher-end models. AWD, not surprisingly, denotes the presence of the AWD system on either trim level.

### What Owners Like

Rogue owners typically rave about a comfortable ride, plenty of features for the money and the machine's unique design. Most also claim to experience great fuel mileage.

### What's the 4-1-1

- **Model:** : 2008 to 2010 Nissan Rogue.
- **Vehicle type:** Crossover SUV.



► Nissan Rogue

Sporty handling and all-weather traction round out the list of owner-stated positives.

### What Owners Dislike

Numerous Rogue drivers complain of limited rearward visibility that translates into difficulty parking, as well as a small and "busy" instrument cluster. Some owners wish for a quieter ride and more

headroom, too.

### Common Issues

When test driving a Rogue, be sure to travel at parking-lot speeds with the stereo and climate control fan off, listening for any strange noises from the transmission.

Clicking, grinding, grumbling and popping sounds should not be considered normal, and have been reported by several

owners ahead of an in-warranty transmission replacement.

In some cases, a computer reprogramming may solve the CVT noise problem. In either case, if the transmission in the Rogue you're considering is making any strange noises, be sure to have it checked out.

An inspection by a Nissan-trained mechanic is

advised for any used Rogue ahead of purchase.

A full check of all cabin electronics is advised, as is a check of the carpeting in the wheelwells and cargo area for potential water leaks from the sunroof drain tubes or hatch seal, respectively.

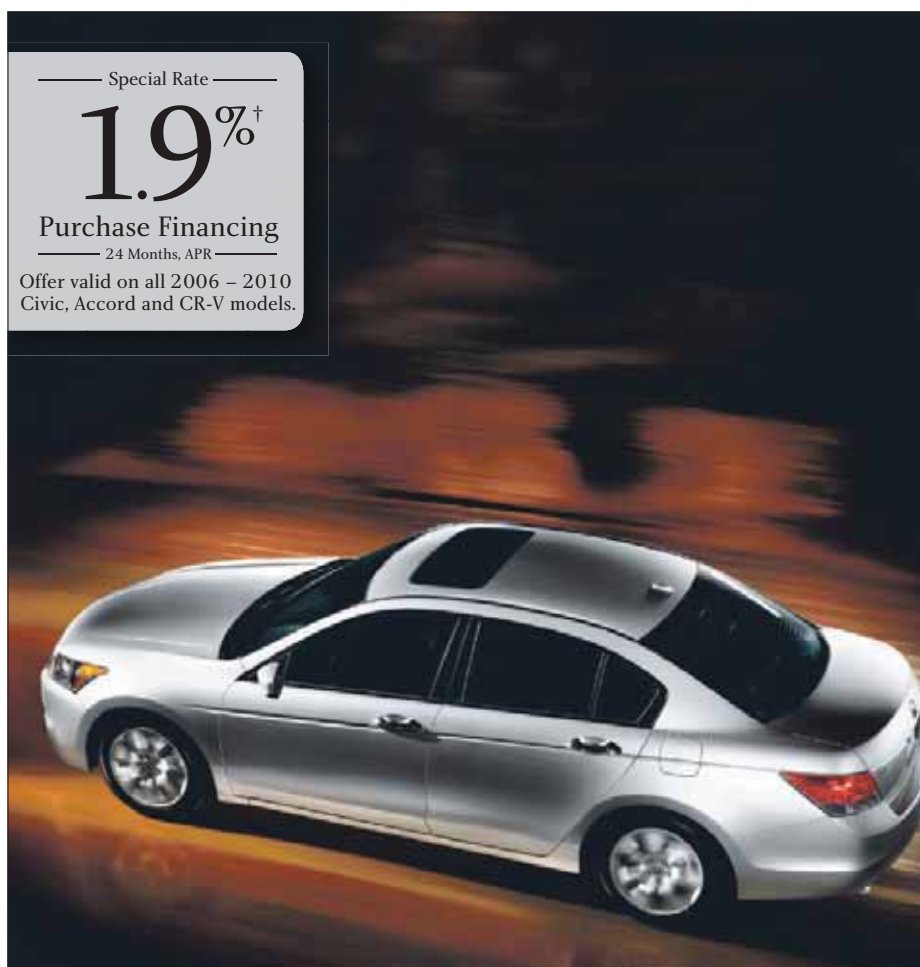
### The Verdict

A used Rogue will likely provide owners with satisfying fuel economy, all-season performance and driving dynamics — though shoppers should seek out a clean bill of health for the CVT transmission from a Nissan mechanic before purchase.

A newer model with plenty of factory warranty remaining is the safest bet.



Check out Justin's video car reviews online at [youtube.com/mr2pritch](http://youtube.com/mr2pritch).



Special Rate  
**1.9%<sup>+</sup>**  
Purchase Financing  
24 Months, APR

Offer valid on all 2006 – 2010 Civic, Accord and CR-V models.

## Buy a used car, get a used car. Buy a used Honda, get a Honda.

**Honda reliability. Certified.** When Honda certifies a used vehicle, you know it can be depended on. Every Certified Used Honda undergoes a series of thorough dealer inspections to ensure it upholds the reliability of the Honda name. You get the performance, safety and efficiency of a Honda, with the added assurance that comes with a factory warranty.

Find yours at [cuv.honda.ca](http://cuv.honda.ca)

- 6-year / 120,000-km transferable powertrain warranty
- 7-day / 1,000-km exchange privilege
- 100+ point inspection
- CarProof Vehicle History Report

**HONDA**  
*Certified*  
Used Vehicles

\*Limited time financing offer on all Honda Certified Used Vehicles available through Honda Financial Services, on approved credit. Offer only available up to 24 months on Honda Certified Used Honda Civic, Accord and CR-V models (2006–2010 model years). Finance example based on 2008 Honda Civic model: \$10,000 at 1.9% per annum equals \$424.96 per month for 24 months. Cost of borrowing is \$199.04 for a total obligation of \$10,199.04. Taxes, license, insurance, registration and fees are not included. See your Honda dealer for full details. Dealer may sell for less. Offer expires June 30, 2011.



[illegible]

## 2011 JEEP WRANGLER 2-DOOR SPORT 4X4

**PURCHASE FOR**  
**\$17,995\***

2011 Jeep Wrangler 2-door Sport 4x4 shown

**INCLUDES \$3.250 CONSUMER CASH:**

## CUSTOMER CHOICE FINANCING

**\$99** BI-WEEKLY @ **6.49%**<sup>††</sup>  
FOR 36 MONTHS  
AND \$2,049 DOWN

**WITH THE OPTION TO RETURN  
AFTER 36 MONTHS**

**ALL-NEW  
2011 JEEP COMPASS SPORT 4X2**

**PURCHASE FOR**  
**\$15,995\***

2011 Jeep Compass Sport 4x4 in Deep Cherry Red shown

**INCLUDES \$2,500 CONSUMER CASH.\***



**42** MPG  
HWY  
6.8L/100 KM HWY\*

## ALL-NEW 2011 JEEP PATRIOT SPORT 4X2

**PURCHASE FOR**  
**\$14,995\***

2011 Jeep Patriot Limited shown.

**INCLUDES \$2,500 CONSUMER CASH:**



(with side seat air bag)



**42**MPG  
HWY  
6.9L/100 KM HWY\*

**Jeep.ca/Offers**

**SCAN  
HERE  
FOR MORE  
GREAT OFFERS**



**MORE POWER. LESS FUEL. GREAT VALUE.**

## 14 VEHICLES WITH 35 MPG HWY OR BETTER



**Jeep.**



## RAM



# Review: Scion tC all about more for less

► Money talks and Toyota seems to be listening with its youth-oriented brand



JILL MCINTOSH  
DRIVE@METRONEWS.CA

Canada, welcome to Scion. It's Toyota's entry-level, youth-oriented brand, first seen in the U.S. in 2002

and now on sale through select dealers here in the Great White North.

There are three models, all hatchbacks: the four-door xD, boxy xB, and my tester, the tC coupe. The

subcompact iQ is coming later this year.

Built in Japan, Scions are based on existing Toyota platforms and parts: the tC is a version of the European Avensis, with a

180-horsepower version of the Camry's 2.5-litre four-cylinder.

It's \$20,850 with a six-speed manual transmission and \$21,900 with a six-speed automatic,

which includes air conditioning, keyless entry, power windows, heated mirrors, cruise control, eight airbags, 18-inch alloy wheels, dual-pane sunroof and Bluetooth. Scion's marketing scheme is a single, fully-loaded model with available dealer-installed accessories such as sport exhaust, upgraded stereo and spoiler.

The company says it offers these in place of factory options, although I don't know what else you'd call the available \$1,975 heated leather seats that are installed on the assembly line.

Few two-doors come close to its price when all the features are considered. And while it's certainly no Porsche, its sporty-tuned suspension does a pretty good job when the trail turns twisty. The engine feels strong and smooth, although it revs high and the car is noisy overall.

I had the manual transmission: the shifter's nice, but the clutch pedal feels mushy.

I've driven the automatic and actually prefer it. It makes the tC feel quicker off the line and changes gears with fast, silky precision.

Front-seat legroom and headroom is impressive, and there's even enough leg space for rear-seat passengers, once they do the inevitable two-door squeeze past the front

## 2011 Scion tC

What you should know about the 2011 Scion tC:

- **Types:** 2-door, 5-passenger compact sporty coupe.
- **Engine (hp):** 2.5-litre four-cylinder, 180 horsepower, 173 torque.
- **Transmission:** 6-speed manual (6-speed auto available).
- **Mileage:** City 8.9, hwy 6.3, as-tested 8.6
- **Price:** \$20,850 (manual), \$21,900 (auto).
- **Market position:** Sporty flair on a budget; competitors include Honda Civic Si, Kia Forte Koup, Mini Cooper, Mitsubishi Eclipse, Volkswagen Golf GTI.

seats.

It's difficult to reach the releases to fold the rear seats down, but once you do, they fall flat for extra cargo space.

Interior styling is plain but functional, with big, easy-to-use controls, and the stereo (with standard USB) can be adjusted via buttons on the flat-bottomed steering wheel.

Comparing its driving performance and interior to some of its competitors, the tC isn't at the top of the list: others have better steering feel and less hard plastic inside.

But money talks, and buyers on a budget would be hard-pressed to find more for less.

Scion, welcome to Canada.

JILL MCINTOSH/FOR METRO

THE YOU DON'T HAVE TO KNOW SOMEONE AT

## NISSAN EMPLOYEE PRICING EVENT

NOW EXTENDED • WHILE SUPPLIES LAST

### 2011 VERSA

UP TO  
**\$4,400** IN EMPLOYEE  
PRICE DISCOUNTS\*

#### WELL-EQUIPPED WITH:

Highest Horsepower in its Class (122-Hp), 1.8-Litre DOHC Engine • Most Rear Leg Room in its Class (966 mm)<sup>1</sup> • Air Conditioning • Remote Keyless Entry Systems • Power Heated Outside Mirrors • Power Windows w/ Driver Side Auto UP/DOWN Feature • Power Door Locks • 60/40 Split Folding Rear Seat • Nissan Advanced Six Airbag System • Up To 5.8 L/100 Km On Highway With Available Xtronic CVT\*



### 2011 SENTRA

UP TO  
**\$5,300** IN EMPLOYEE  
PRICE DISCOUNTS\*

#### WELL-EQUIPPED WITH:

140-Hp, 2.0-Litre Dehc Engine, Xtronic CVT\* • Air Conditioning • 16" Upgrade Alloy Wheels • Remote Keyless Entry System • Power Windows w/Driver's Side "Auto UP/DOWN" Feature • Power Outside Mirrors • Heated Mirrors • 60/40 Split Folding Rear Bench Seat

### 2011 FRONTIER

UP TO  
**\$8,700** IN EMPLOYEE  
PRICE DISCOUNTS\*

#### WELL-EQUIPPED WITH:

261-hp, 4.0L V6 engine and 261 lb-ft torque • 6,500 lbs towing capacity • 16" alloy wheels Hill Descent Control • Hill Start Assist ABS and Electronic Brake force Distribution (EBD) • AM/FM/CD audio system • Nissan Advanced Airbag System with Supplemental Curtain Side Impact Airbags and Side Seat Airbags



A NISSAN FOR EVERYONE.



O'REGAN'S  
DRIVING HIGHER STANDARDS

NISSAN  
HALIFAX  
DARTMOUTH

HALIFAX - 3461 KEMPT ROAD • 902-453-2020  
DARTMOUTH - 60 BAKER DRIVE, UNIT C • 902-469-8484  
WWW.OREGANSNISSAN.COM

VIEW OUR MOBILE SITE



Find us on  
Facebook

\*SOME CONDITIONS APPLY. VISIT O'REGAN'S NISSAN FOR DETAILS. OFFERS END JULY 31<sup>ST</sup>.



► The Scion tC goes for \$20,850 with a six-speed manual transmission and \$21,900 with a six-speed automatic.



## AUTOMOTIVE

### Cars & Trucks for Sale

**2005 Dodge Ram**  
1500 Laramie  
V8, Loaded,  
Leather, 4x4  
87,000kms  
Stock #U86166

**\$17,985**  
AFM Motor **MART - 407-4200**

**2007 Pontiac**  
G5 Sedan  
4cyl. 5spd, A/C,  
Cloth,  
79,000kms  
Stock #U85952

**\$8,985**  
AFM Motor **MART - 407-4200**

**f like us**  
metro

### Cars & Trucks for Sale

**LANEWAY**  
945 Sackville Drive  
Lower Sackville  
(902) 497 4644  
lanewayauto.com

**05' Chevrolet Equinox**  
Loaded with Leather,  
Sunroof, AWD, V6  
with Michelin Tires  
**Only \$9,995**

### Cars & Trucks for Sale

**2008 Chevrolet**  
Silverado Reg Cab  
6cyl. Auto, A/C,  
4x4  
51,000kms  
Stock #U86174

**\$16,985**  
AFM Motor **MART - 407-4200**

**2008 Ford**  
Mustang Conv't  
6cyl. Auto,  
Loaded, Leather  
33,000kms  
Stock #U86161

**\$23,985**  
AFM Motor **MART - 407-4200**

**2008 Hummer**  
H3 Alpha  
V8 Loaded,  
Leather, 4x4,  
Very rare, 50k kms  
Stock #U8535A

**\$29,985**  
AFM Motor **MART - 407-4200**

### Cars & Trucks for Sale

**06' Mazda 3**  
Hatchback  
Loaded with Leather  
and Sunroof  
5 Speed 4cyl  
**Only \$9,995**

**09' Dodge Challenger**  
SRT8 Coupe  
6.1L V8 HEMI,  
425 HP at 6200 RPM  
6 Sp Man, 11,000 kms  
**\$41,995**

### Cars & Trucks for Sale

**2008 Mazda**  
Tribute 4x4  
6cyl. Auto,  
Loaded, Cloth  
98,000kms  
Stock # U85709A

**\$15,985**  
AFM Motor **MART - 407-4200**

**2008 Subaru**  
Impreza  
4cyl. Auto,  
Loaded, Cloth,  
AWD, 60,000kms  
Stock #U85805

**\$14,985**  
AFM Motor **MART - 407-4200**

**2009 Ford Ranger**  
Ext Cab  
6cyl, Auto, A/C,  
4x4,  
115k kms  
Stock #U86139

**\$15,985**  
AFM Motor **MART - 407-4200**

**2009 Mazda 3 sport**  
4cyl. Auto,  
Loaded, Leather,  
Sunroof,  
61,000kms  
Stock #U86217

**\$18,985**  
AFM Motor **MART - 407-4200**

**2010 Ford**  
Mustang Coupe  
6cyl. 5 speed,  
Loaded, Cloth  
13,000kms  
Stock #U86149

**\$24,985**  
AFM Motor **MART - 407-4200**

**follow us**  
**f like us**  
metro

### Auto Services

**nextstep**  
AUTOMOTIVE  
ESTABLISHED 1979  
123 Cobeguid Road  
Lower Sackville, Nova Scotia  
902-252-3375  
sales@nextstepautomotive.com

### Apartment Unfurnished

### Apartment Unfurnished

**TP** Prince Matthew Palace  
1338 Hollis Street

#### AVAILABLE IMMEDIATELY!

Beautiful apartments in  
downtown Halifax.  
\$850 for bachelor  
\$1,100 for 1 bedrooms  
\$1,445 for 2 bedrooms

~ Heat and Hot water  
~ Dishwasher  
~ Private Balcony  
~ Underground Parking  
Available

Call Kevin @ 830-7183

TEMPLETON | PROPERTIES  
Halifax's 1st Choice for Apartments  
www.TempletonProperties.ca

**TP** Queen Sana Tower  
1157 Tower Road

~ Quiet South End community  
~ Walking distance to amenities,  
5 min walk to Dal or SMU  
~ Expansive living areas  
~ Lower level suites include  
outside terraces. Upper level  
suites offer private balconies  
~ Rooftop patio  
~ Wheelchair accessible  
~ Parking available  
~ Heat, and hot water include

Call Jack and Sandra @  
902-830-6008

TEMPLETON | PROPERTIES  
Halifax's 1st Choice for Apartments  
www.TempletonProperties.ca

### Apartment Unfurnished

## MERCHANDISE

### Antiques & Art

Jerzy's Antiques & Collectibles 902-885-3453  
Open Thrusday to Sunday 10am to 6pm  
21017 highway #7  
between Mushaboom & Sheet Harbour

### PETS

### Dogs

CAVELIER KING CHARLES SPANIEL PUPS  
needed,dewormed, vet checked & healthy.  
3 - 6 mos - \$400 each, trained. 4 - 3 mos -  
\$900 each. 1 - 8 mos/ male \$400. 2 females -  
3 yr/ 5 yrs. 1 male 3 1/2 years all to be fixed.  
1 Westie-male for breeding -\$500.  
2 shih-tzu's, 1 male, 1 female for breeding  
selling together \$1000. 902-765-0885

### Pet Services

**Scoopy-Poo**  
Dog Waste Removal Service  
• weekly • bi-weekly  
• monthly • one-time-only  
• residential & commercial  
222-8128  
www.scooppoo.ca

## PERSONALS

### Personals

A Mature Escort with the  
Body of a 21-yr. Old!  
In/Out Service. Full Service.  
www.RedHotCougar.com/ Lana at 209-6852

**follow us**  
**f like us**  
metro

### Apartment Unfurnished

### Garage/Yard Sales

#### OPEN THIS SUNDAY

**FLEA MARKET**  
OVER 100 TABLES

**BEDFORD PLACE MALL**

**EVERY SUNDAY**  
**9AM-2PM**

6' Table: \$16 • 8' Table \$22  
CALL TODAY 902-463-2561

## SERVICES

### Home Health Care

#### Val's Rest Home

Private Home for Senior's



Quality senior care including respite and  
palliative care with a home like atmosphere.

"A nice alternative to  
a Nursing Home"

Call us 902-895-7246  
Or drop in: 1066 HWY # 2, Hilden  
Or send an e-mail to  
valerie63@eastlink.ca

## HOUSEHOLD SERVICES

### General Services



Dr. Dry  
Waterproofing

WET BASEMENT WATERPROOF IT!!  
Call the DOCTOR today  
to keep the water AWAY!  
5% discount for seniors(65+)  
WET BASEMENT WATERPROOF IT!!  
902-423-3379



Quality Plush/Berber Will do LR & Hall fr  
\$389. Carpet pad & install included (25yrs)  
Phil, (902) 444-4766

### Landscapers/Gardening

**Neat Lawn Care**  
403-1408 • www.neatlawn.ca  
chrislittle@neatlawn.ca

Give yourself more free time!  
• Landscaping  
• Snow Removal (Book early get 10% off)  
• Fall Cleanups

**FENWICK TOWER**  
Love where you live  
rentals@TempletonProperties.ca  
TempletonProperties.ca  
starting at  
\$595/month  
830-7081  
TP  
TEMPLETON | PROPERTIES  
Halifax's 1st Choice for Apartments



## Trades

Paving Special  
**50% off** if you book now!



First Class Pavers  
(902)209-2021

## WANTED



**AREA STIMULATION PROGRAM:** 7 homes in Nova Scotia market area will be given the opportunity of having the Interlock® Roofing System installed on their home at substantial savings in return for helping us create market awareness for the purpose of neighborhood product visibility.

Interlock Roofing Systems are of interest to homeowners across North America who want a durable and beautiful roofing solution. Interlock needs to quickly find new areas to feature the Interlock Roofing System and is prepared to offer substantial savings to the next 7 homeowners that qualify.

Orders will be discounted on a first come first served basis. Interlock Roofing Systems are environmentally safe, come in many styles and colors, and are backed by a **Lifetime Limited Warranty**, 50 Year Transferable Non-ProRated. Maritime Permanent Roofing Ltd. is one of Nova Scotia's largest installers of metal roofing systems. Tens of thousands of satisfied homeowners across North America will never re-roof again with Interlock Roofing System. 100% Financing Available. Please call immediately if you are thinking of re-roofing, as this is a limited time offer.

1-877-446-4407

1-902-864-0700

[MaritimeMetalRoofing.com](http://MaritimeMetalRoofing.com)

## Junk Removal

## TIME TO TOSS IT

Debris removal, Estate clean-ups, small demos, unit clear-outs, basements, yards and construction - call 449-0232

**Does your parrot talk too much?**

Place your ad in  
Metro classifieds  
[metroclassifieds.ca](http://metroclassifieds.ca)  
**1 800 527-6767**

**Offspring flown the coop?**

Here's your chance to reclaim your space! Sell your stuff with us.

Place your ad in  
Metro classifieds  
[metroclassifieds.ca](http://metroclassifieds.ca)  
**1 800 527-6767**

## General Services

**PATCHWORKS ASPHALT SERVICES**

**PAVE YOUR DRIVEWAY & SAVE!!**

- We Build New Driveways
- We Repair Cracks & Pot Holes
- We Recoat Driveways
- We Build Gravel Driveways
- We Spray Seal Driveways
- All Work Guaranteed

**FREE ESTIMATES**  
**471-7277**

SERVING ALL OF HRM • [www.PatchworksPaving.ca](http://www.PatchworksPaving.ca) 4919640

## General Services

**HERE. THERE. EVERYWHERE.**

Metro. When you want it. Where you want it.

**metro**

Android is a trademark of Google Inc.

## Public Auctions

## Public Auctions

## Public Auctions

## Public Auctions

## Public Auctions

## Public Auctions



**Public Auto AUCTION**

**Saturday July 23 • 10am**

**Over 150 cars • RVs • Boats • ATVs**

300 Sky Blvd., Enfield (Across from the Airport) • 902-873-4400 [www.adesapublicauctions.ca](http://www.adesapublicauctions.ca)



**True Appiness**

Download the METRO APP for your iPad, Android, BlackBerry and iPhone.



Android is a trademark of Google Inc.

**metro**



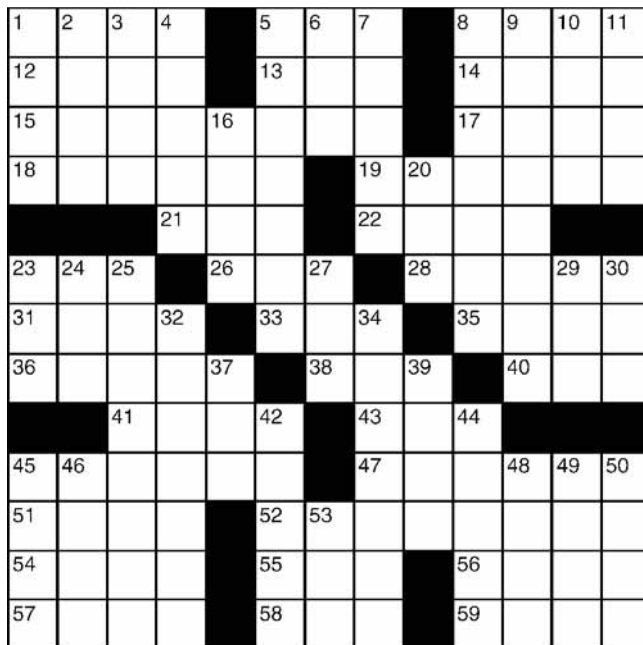
## Crossword

### Across

- 1 Greek cheese  
5 Chatroom chuckling  
8 Birds, to Brutus  
12 Shakespeare's river  
13 Anger  
14 Bound  
15 Backbone  
17 Killer whale  
18 Store grain  
19 Slow tree-dwellers  
21 Round Table address  
22 Stereo hookup  
23 Restroom, for short  
26 \$ dispenser  
28 "Pomp and Circumstance" composer  
31 Detail  
33 Thee  
35 Meditative exercise  
36 See-through wrap  
38 Switch positions  
40 Sauce source  
41 Trampled (on)  
43 Witnessed  
45 Twist in pain  
47 Adhere  
51 Risque  
52 Upright  
54 Always  
55 6-Down's surface  
56 Gloomy  
57 Untouchable Eliot  
58 Despondent  
59 Coop group

### Down

- 1 No. 1 choice (SL)  
2 Divisible by two



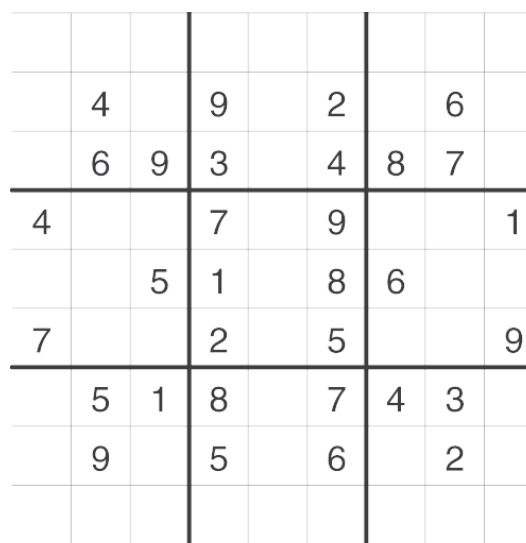
- 3 Rocky peaks  
4 Those opposed  
5 Freedom  
6 Bobby of hockey lore  
7 Dog walker's need  
8 Without friendliness  
9 Dizzying symptoms  
10 Apiece  
11 Hot tubs  
16 Director Kazan  
20 Falsehood  
23 Fleur-de-  
24 One-time link  
25 Polygonal points

- 27 Cattle call?  
29 In bygone days  
30 Shaft of light  
32 Constant sufferers  
34 Remove a light-bulb  
37 Japanese theater  
39 Sodium chloride  
42 Beelzebub  
44 Consider  
45 Small songbird  
46 Carry on  
48 Farm fraction  
49 Futile  
50 "Desire Under the —"

### Yesterday's answer



## Sudoku



## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

### Yesterday's answer



## Send a KISS

You can now post your kiss, and read even more kisses, online at [metronews.ca/kiss](http://metronews.ca/kiss).

*Dark Skinned, Hi, you were jogging in Island lakes Sunday morning, tanned, ponytail, and a beautiful smile. Just wanted to say WOW, are you ever beautiful !!!!!*

**JOGGING PARTNER**

*my courteney happy birthday! i can't wait to spend the whole day with you. i love you.*

**YOUR ANDREA**

*Baby Prince u taught me how 2 luv sum1&wat real luv is. Baby I luv da way u hold me, kiss me, smell me(hehe), bite me(although it hurts hehe).. Baby Prince!! need u not b/c u need me, but b/c my life is meaningless w.o u.. Happy Anniversary I luv u!*

**BIG HEAD**

## Today's horoscope

### ♈ Aries March 21-April 20

Where travel plans are concerned today, be flexible and give yourself plenty of time.

♉ **Taurus April 21-May 21** You appear to have strayed off track and need to get back on course, both in private affairs and in work.

♊ **Gemini May 22-June 21** A little of what you fancy will do you good but there is a danger that a little could easily become a lot.

♋ **Cancer June 22-July 22** Decide what your number one priority is and stick to it. Show some of that Cancerian tenacity.

### ♌ Leo July 23-Aug. 23

You may be tempted to cut corners, but what happens if your superiors don't like the result and you must do it over?

♍ **Virgo Aug. 24-Sept. 22** Tone down your act a little and keep a low profile today.

♎ **Libra Sept. 23-Oct. 23** If someone tries to find out more about your life than you want known, make your displeasure obvious.

♏ **Scorpio Oct. 24-Nov. 22** It might be wise not to trust every thought that enters your head today — and certainly don't tell other people about them.

For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)

### ♐ Sagittarius Nov. 23-Dec. 21

You may have to work with someone you would much rather keep at arm's length. It'll be OK.

♑ **Capricorn Dec. 22-Jan. 20** If you take a silly risk at work, you won't do your reputation good.

♒ **Aquarius Jan. 21-Feb. 18** Sometimes you don't say enough, but today you will say the right amount to the right person, in exactly the right tone of voice.

♓ **Pisces Feb. 19-March 20** Someone has been critical of your efforts recently, but is what he or she said true? **SALLY BROMPTON**

## Caption contest



## WIN! You write it!

Write a funny caption for the image above and send it to [play@metronews.ca](mailto:play@metronews.ca) — the winning caption will be published in tomorrow's Metro.

# True Appiness

Download the METRO APP for your iPad, Android, BlackBerry and iPhone.



Android is a trademark of Google Inc.

metro





When you call Hillcrest Volkswagen, you'll be greeted by a warm, friendly, real voice.  
Sure, we're fluent when it comes to talking das auto, but our first language is people.

**Sprechen Sie Human**

**Hillcrest Volkswagen. Since 1979.**

